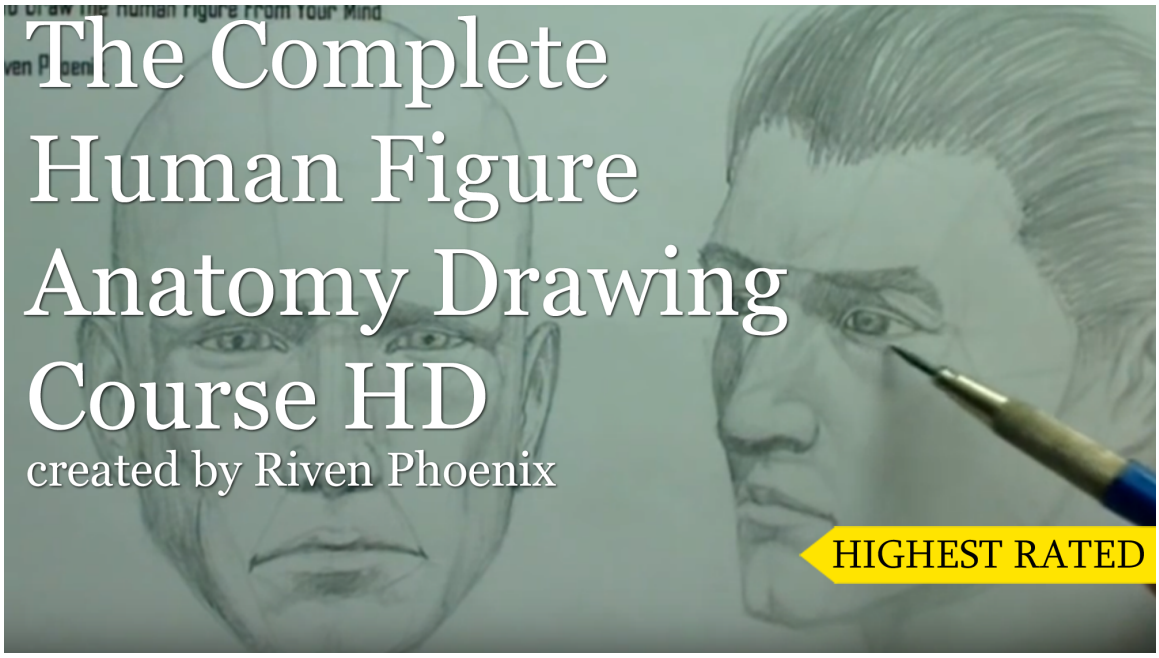

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 127 - The Muscles of The Torso - Part 8

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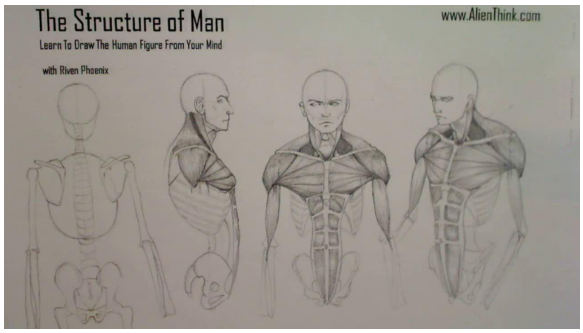
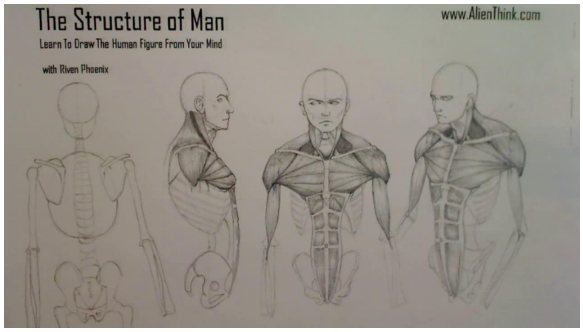
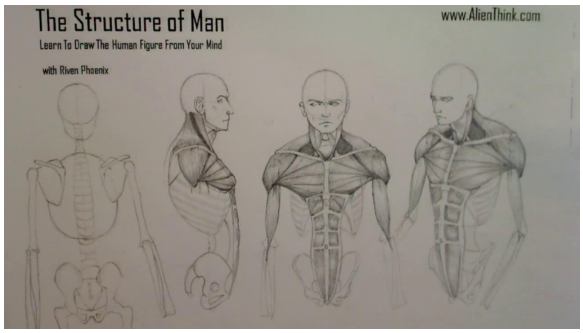
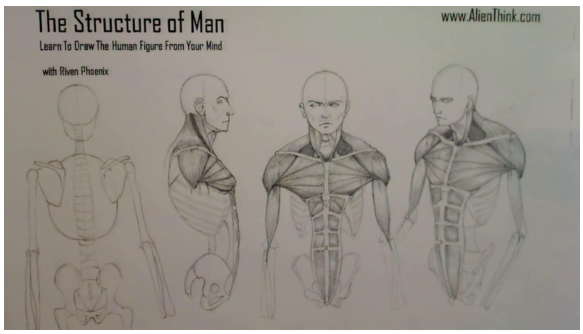
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human
2		figure from your mind training course.
3		Okay, so in the previous lesson we had started to understand really the muscles of the
4		ab and really understanding some of the concepts that we need to give in mind.

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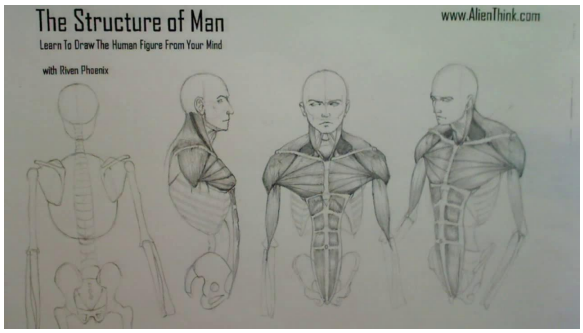
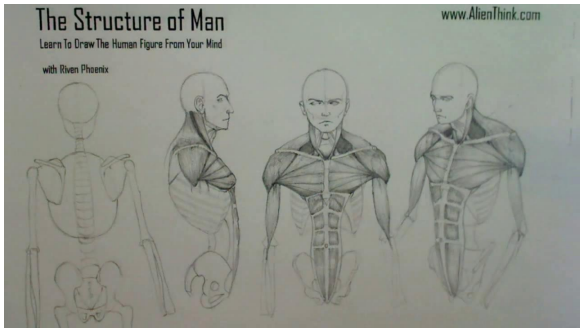
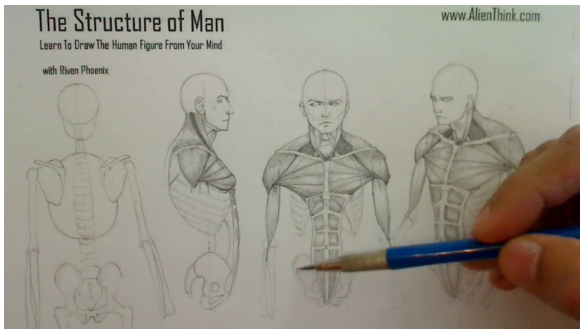
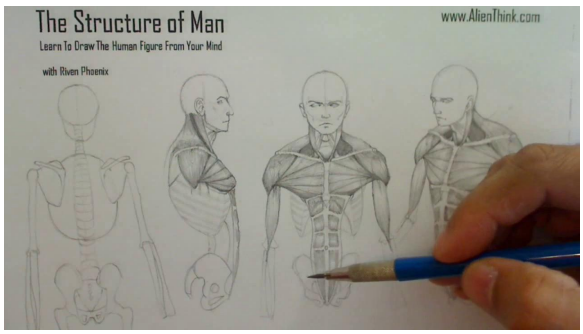
5		So now we're going to begin to really wrap this understanding of the front of the muscles
6		because we're really not much else to understand other than getting to the bottom of how
7		to the mechanism for the love handles is going to work for us.
8		So what happens is that here you'll see that we did the abs like this, right?

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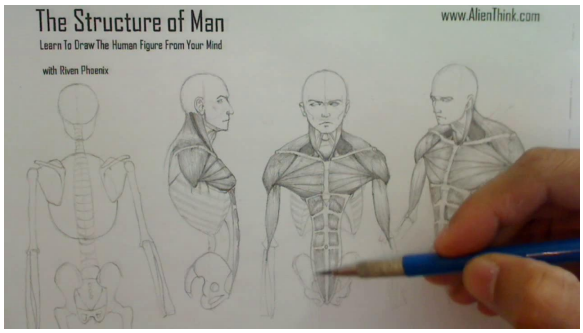
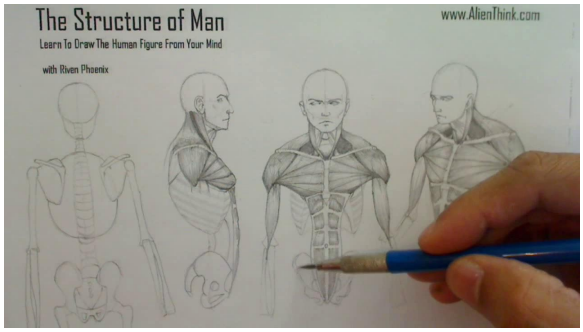
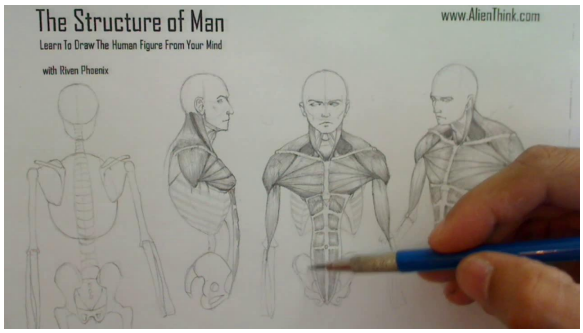
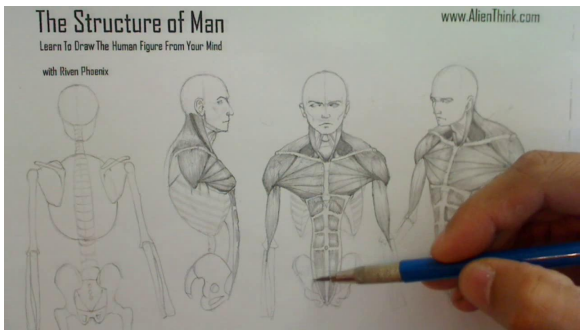
9		We did the abs like this.
10		So what happens is that really you're just going to get more of like a whitish area and
11		then you're going to get like your love handles that are going to be coming in this way.
12		So meaning that this area that we made, right, you can even expand it a little just like

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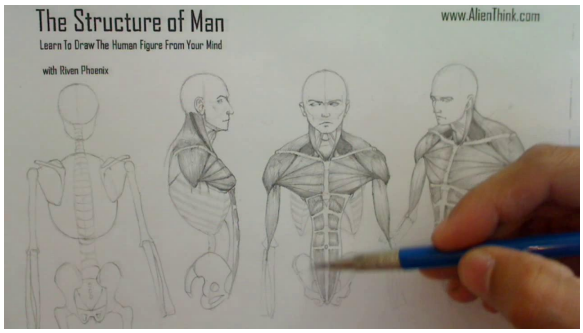
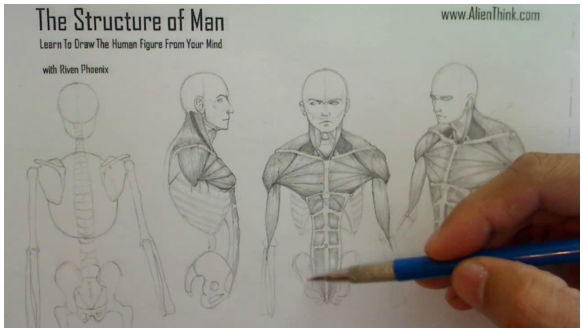
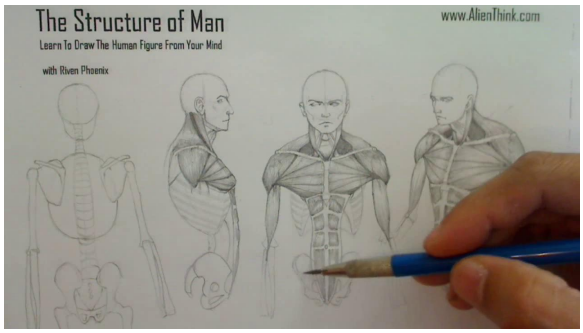
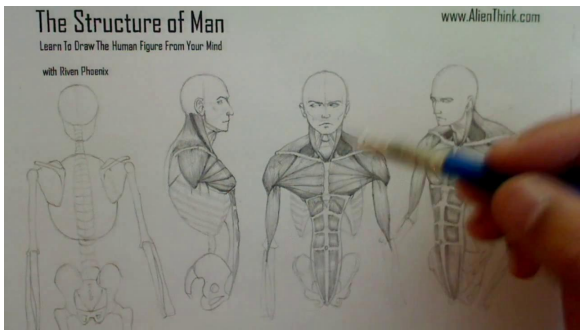
13		this where you can expand it a little more, making them more closer over here and then
14		we'll get the rest of the muscles over here, right?
15		So this area is just like considered to be more whitish in this area over here, right?
16		Okay, so to understand the next set of muscles, right, so they're going to be muscles that

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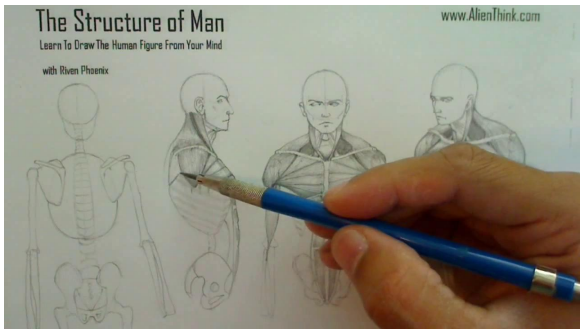
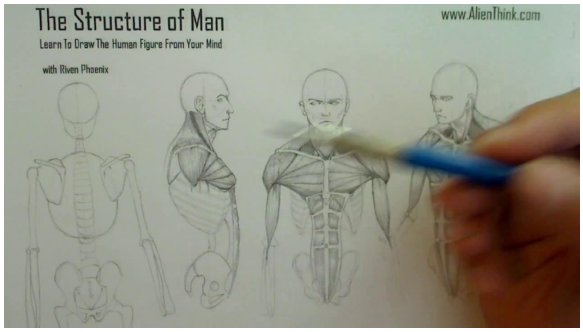
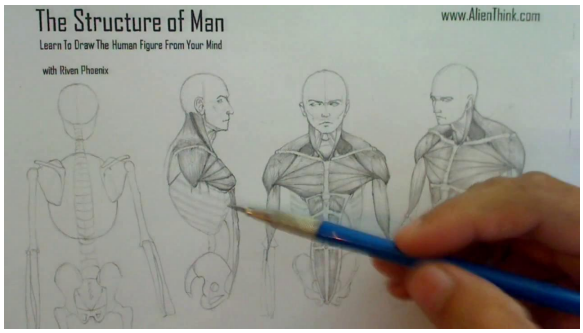
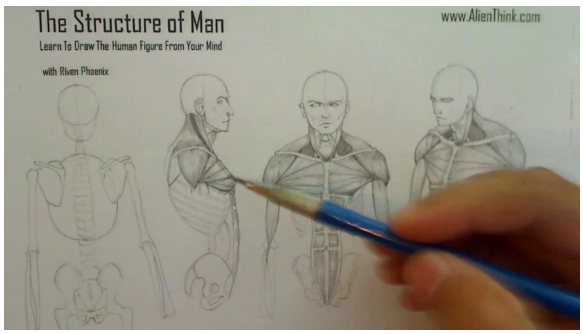
17		are connecting under the scapula and these muscles connect here and they connect to the
18		rib cage.
19		Now this is going to be an important concept to get because it's very easy to grasp.
20		Basically where you have to center line here, right?

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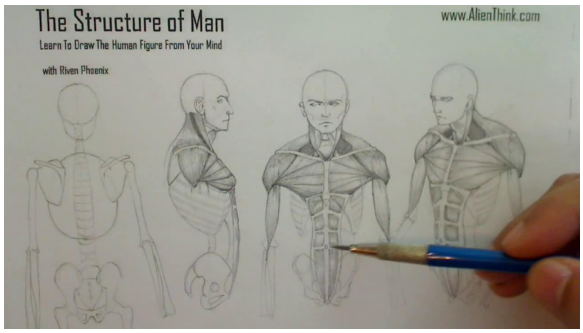
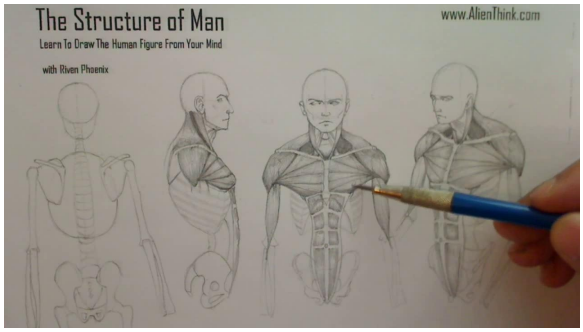
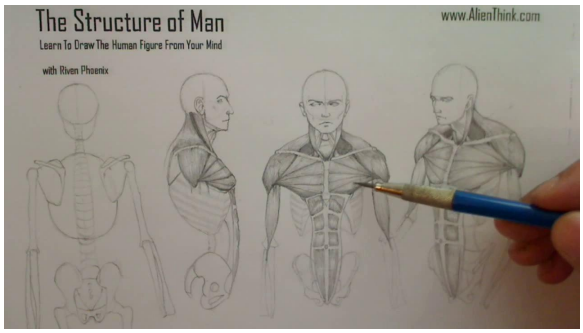
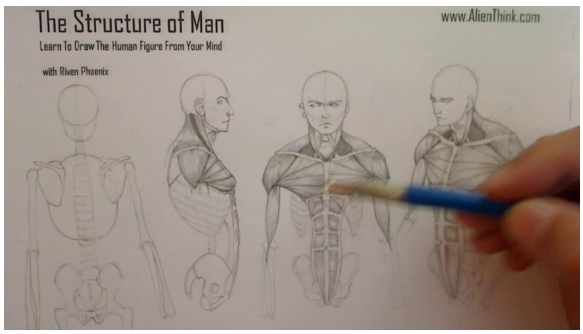
21		So if you take a line here, we said that, okay, well, I can state that probably the nipples
22		are going to be just this way because we can just draw a line stating that the other
23		nipples are really just going to be based on this.
24		Remember, when we did the toolkit, right?

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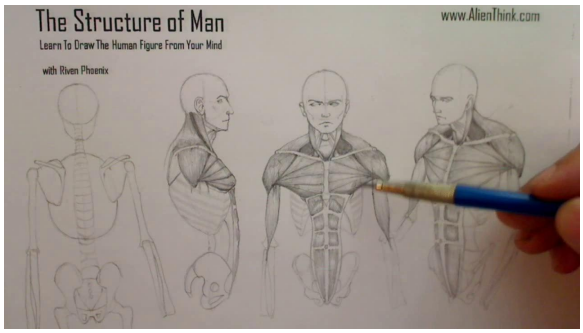
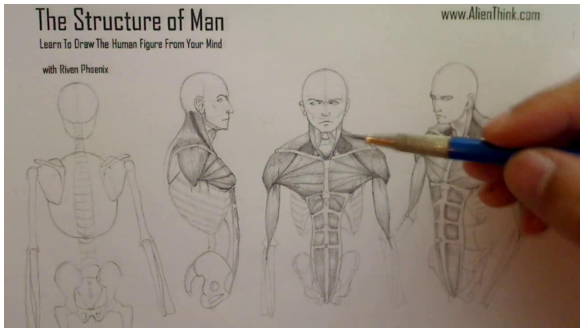
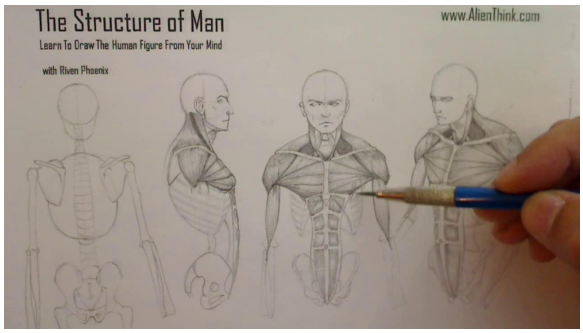
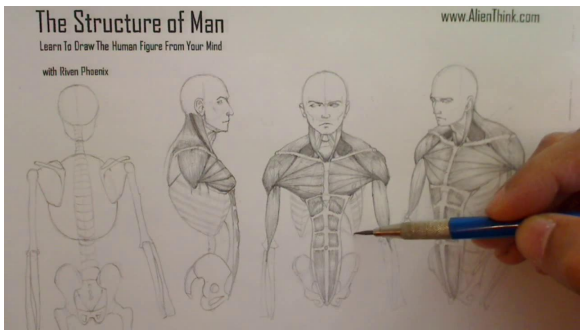
25		So these nipples really can fluctuate, right, depending on where your muscles are.
26		So what happens is from here, what you're going to do is basically just draw imaginary line
27		and draw a line like this over here and it's just going to go around.
28		It's not going to come here.

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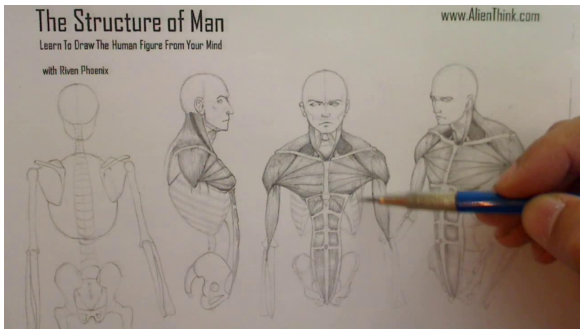
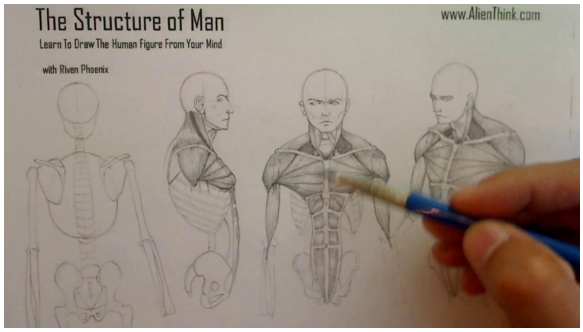
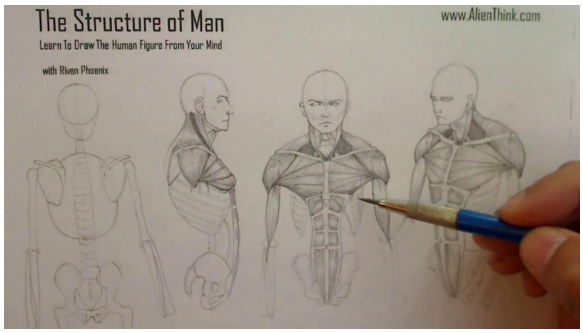
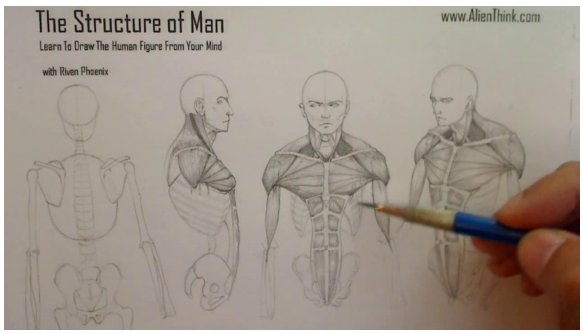
29		It's just going to go like this, right?
30		You're going to do the same thing as long as you get at least this line over here like
31		this.
32		So what is this line?

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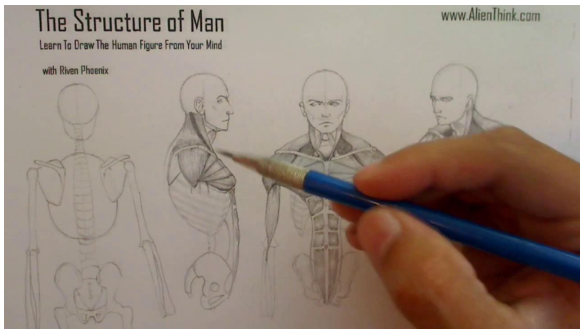
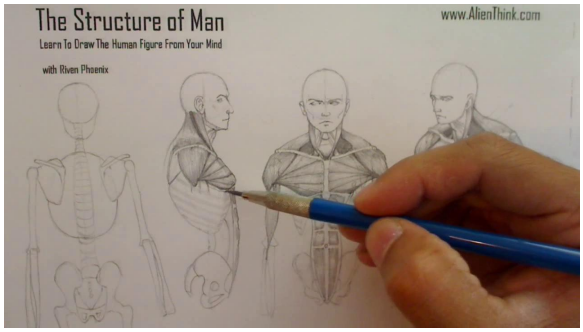
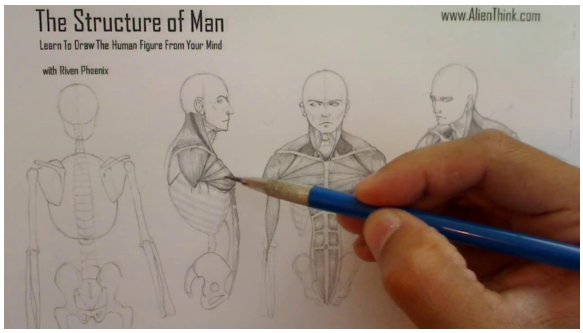
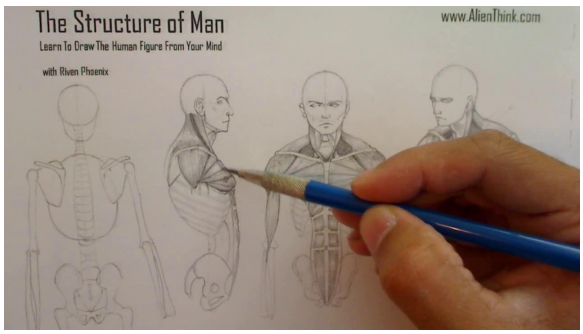
33		It's the same thing as from here to here, right?
34		Look where this is and look, I want to come at least here, meeting that the nipple is
35		just going to be about here for this.
36		So when I draw this imaginary line, right, that's what you got to keep in mind, this imaginary

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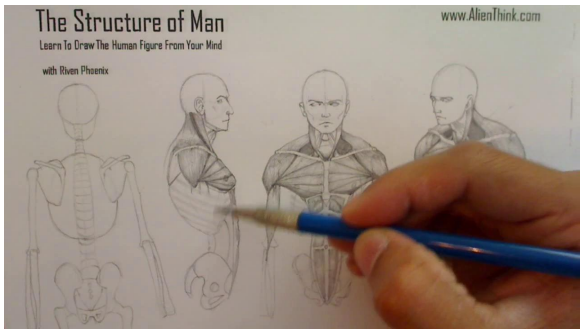
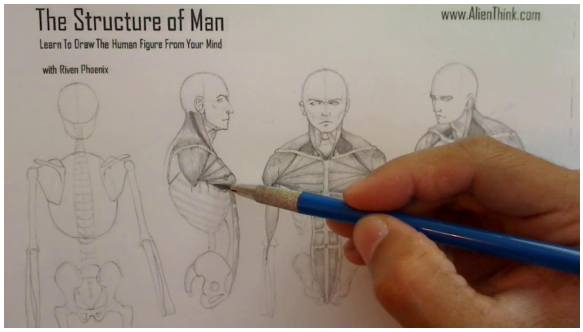
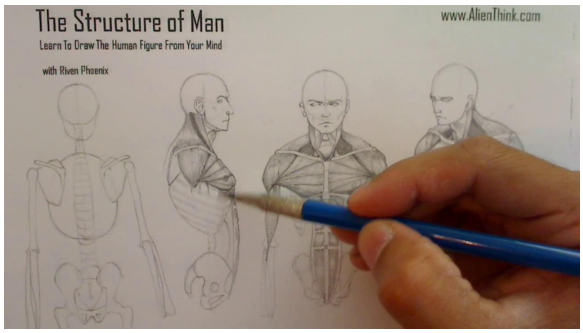
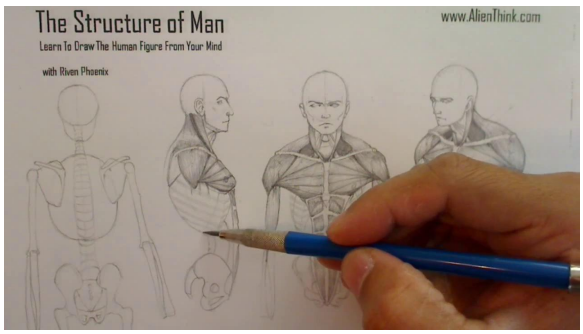
37		line here and it's got to come up.
38		It's not going to go here.
39		It's got to be close to this and we just simply need to draw out like this line and it
40		needs to go kind of like here in the back, right?

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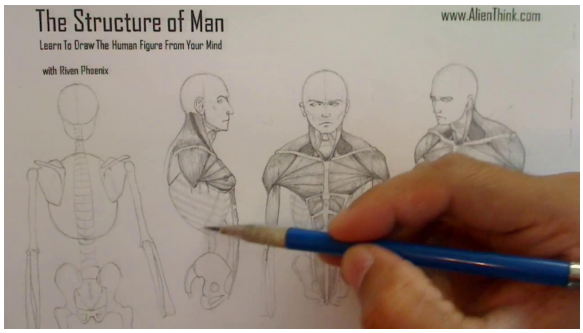
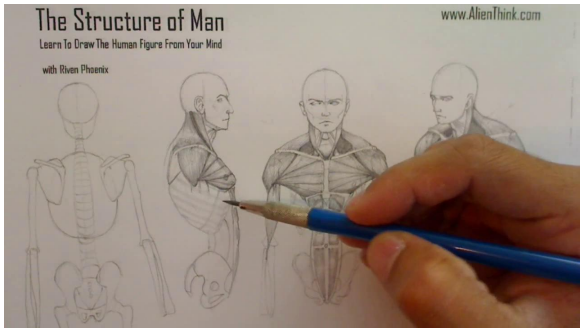
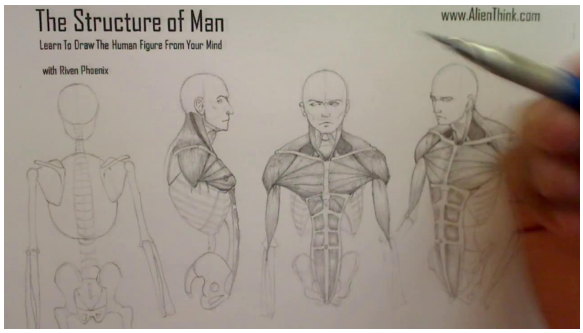
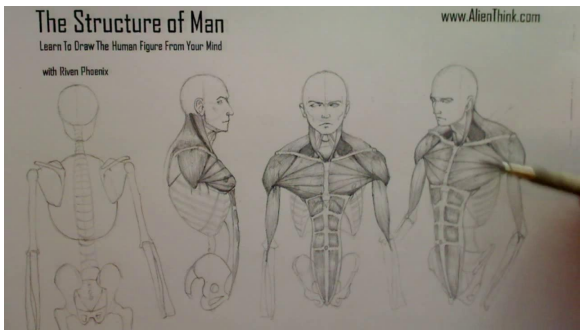
41		So these are going to be the serratus muscles that we need to understand because they're going
42		to make a major impact when we draw the oblique muscles.
43		So the serratus muscles are going to are pretty much the very, an area here that looks
44		like jagged teeth, right?

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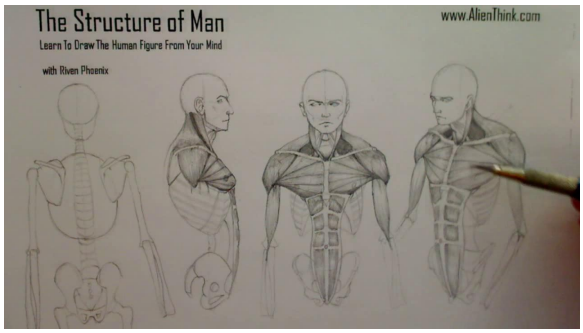
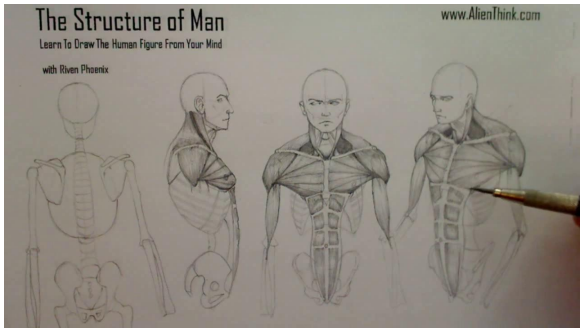
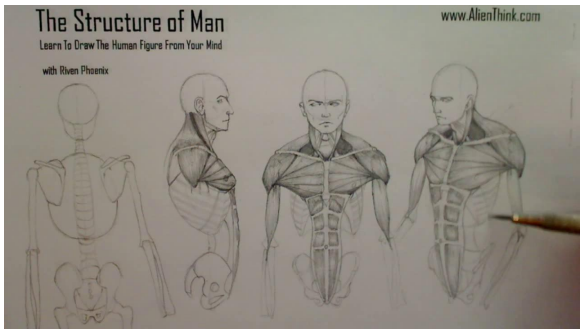
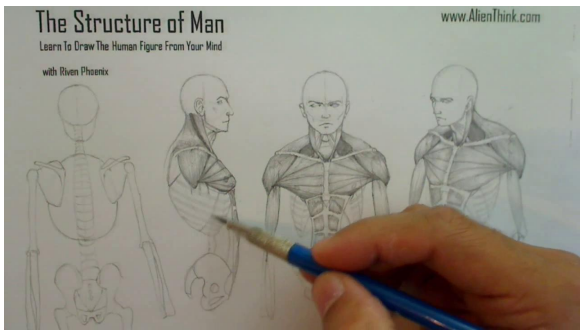
45		So here when I draw this out, I'm noticing, I'm just not drawing the imaginary here.
46		I'm first noticing where do I want to be in here, I'm just going to draw it.
47		I would like this knowing that look when I draw the flying out here, it's really going
48		in the back.

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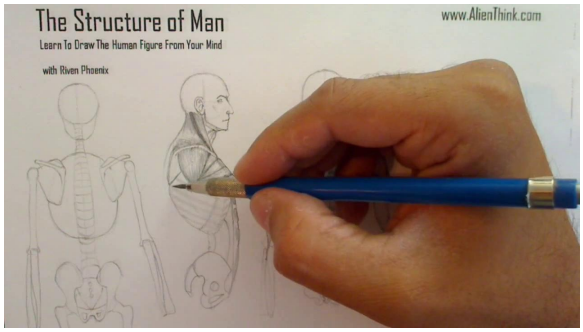
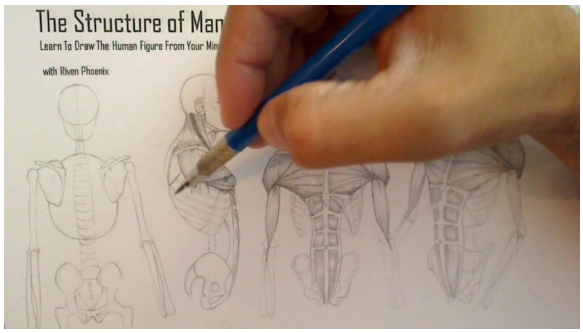
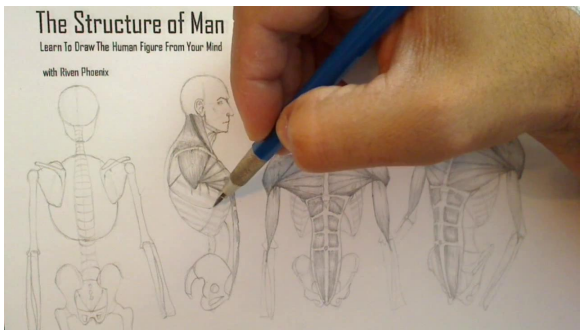
49		And this, they really connect up to the ninth bone here on the ribcage.
50		So really we can just take any bone here and say that, okay, the first muscle is just
51		going to connect from here and it's going to go like this over here, right?
52		I'm going to draw this muscle and it's just going to be like this over here, right?

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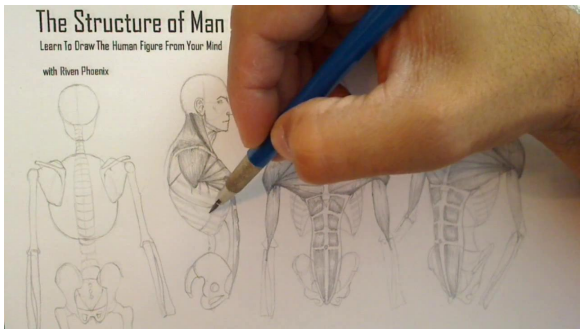
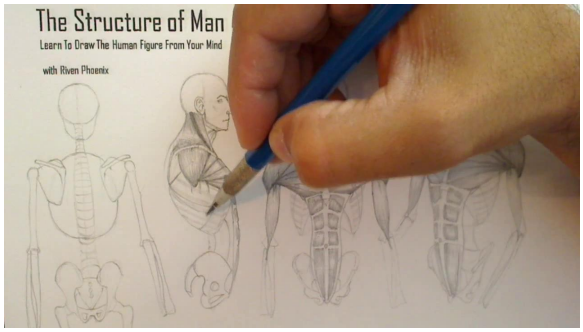
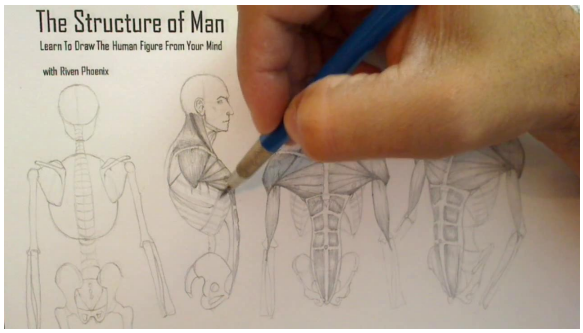
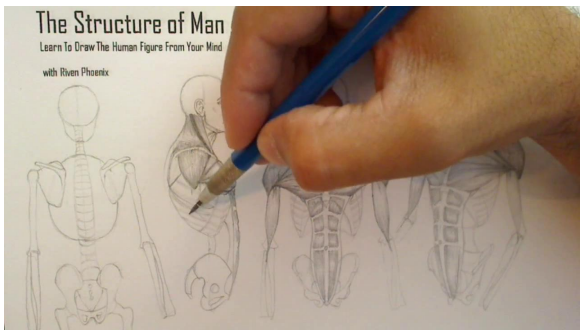
53		And then I'm going to get another muscle, it's going to be like, it's going back into
54		that area, right?
55		So we've got six, seven, eight and then you got about nine over here, right?
56		So these muscles are going back to the scapula over here, right?

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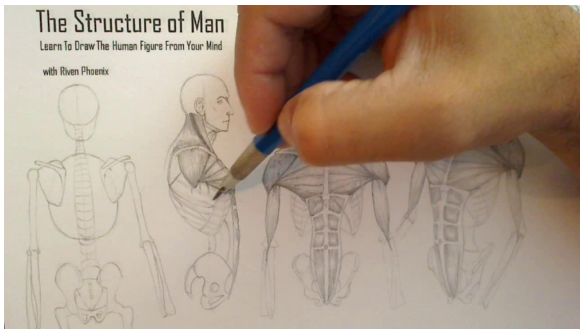
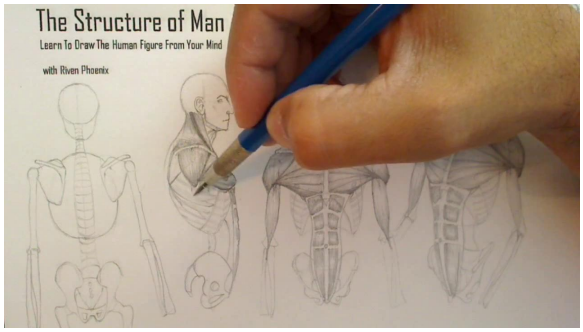
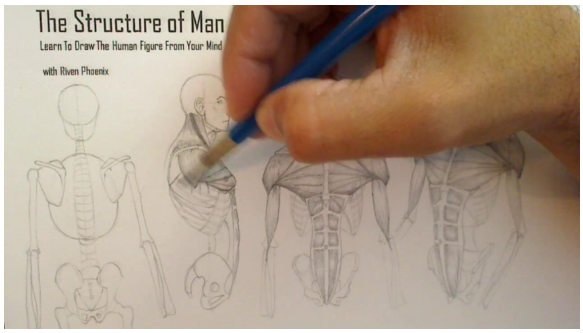
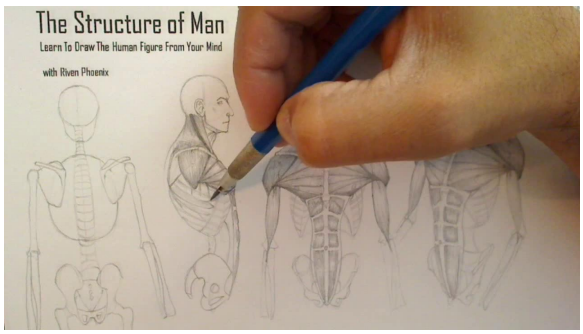
57		So then you're going to get another one like this and it's just, it wants to, it's basically
58		trying to connect over here to these ribs, right?
59		And they're just going to go in sequence all the way, you're going to get like this area
60		here like this and then you'll then for this rib that's coming out for the, the

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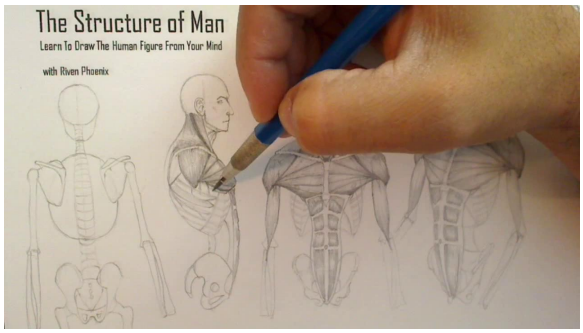
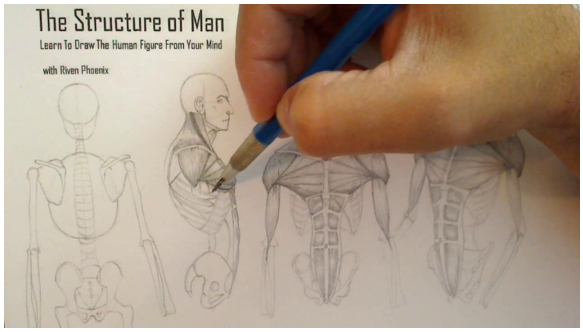
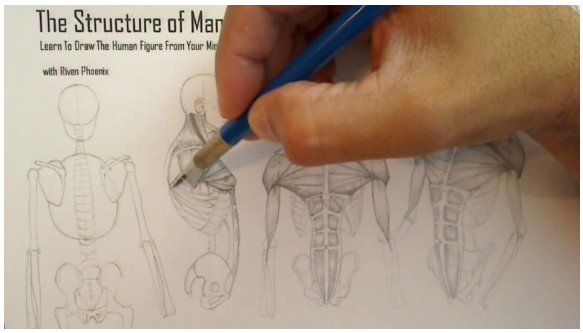
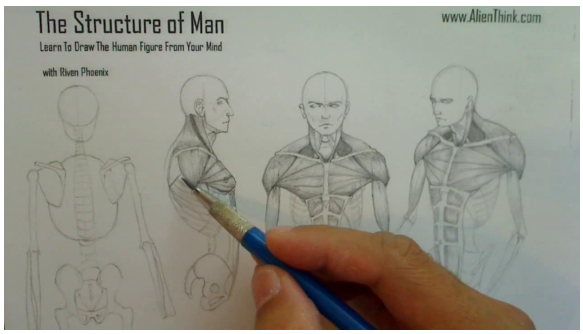
61		peg muscles, you're also going to get another one like this, right?
62		So they really just shape like this and that's all there is really to understand.
63		There's no, nothing that's really confusing about this, that they'll just keep going,
64		going all the way up into that section, right?

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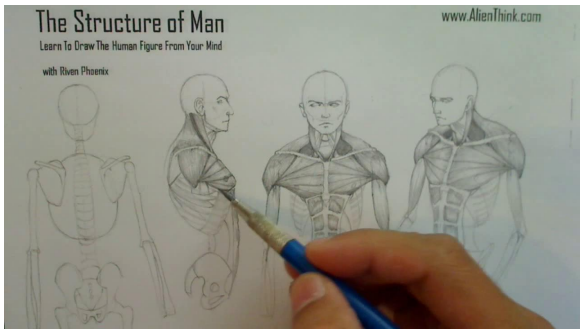
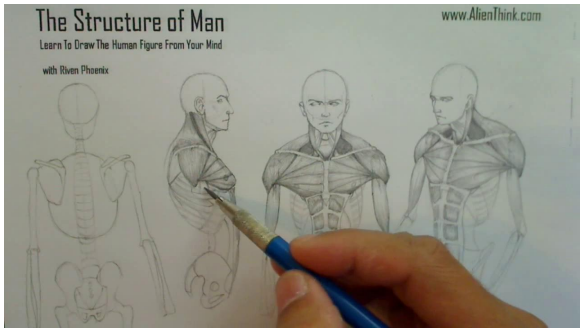
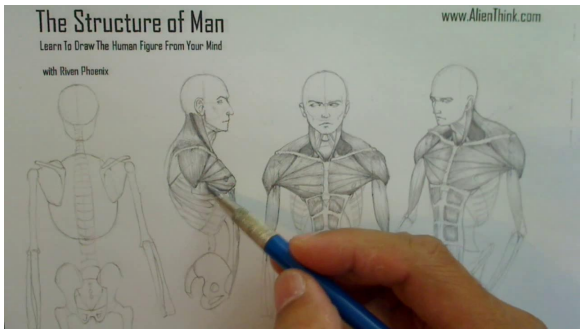
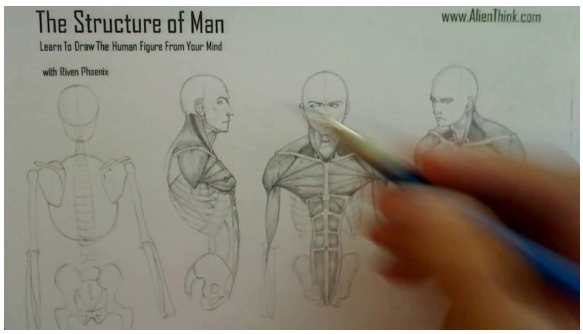
65		But what matters to us is really this area over here, see, when they come about here,
66		right?
67		You're really not going to see the rest of the muscle, they'll just go like this, right?
68		So what happens is that notice what's happening, that it's really this line that's going

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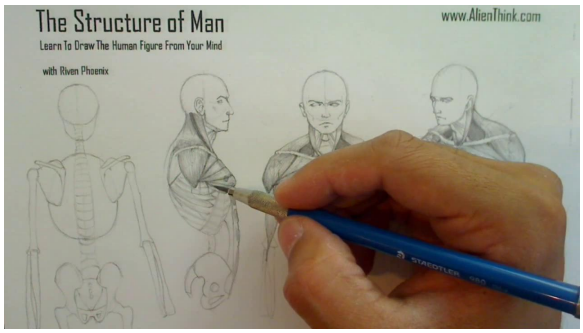
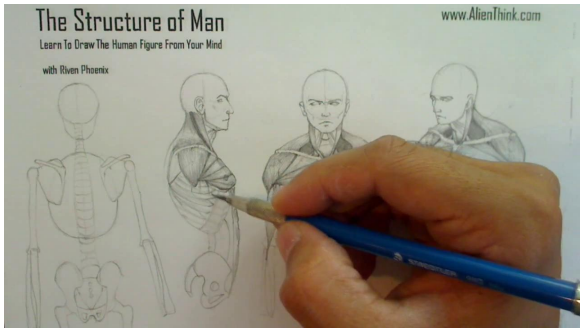
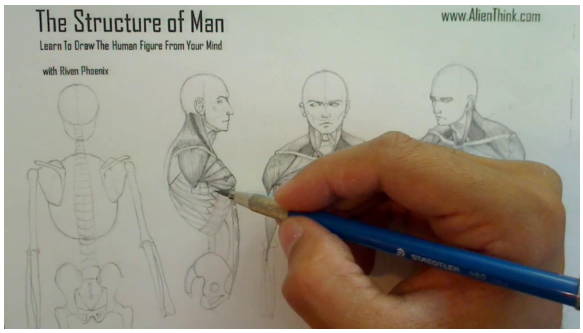
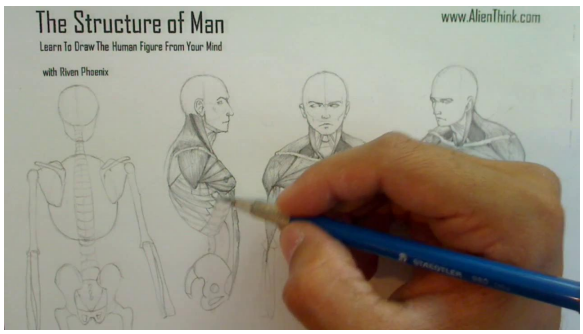
69		with the, the chest cavity direction.
70		So you're going to get like this line here, line here, line here, line here, right?
71		And this is the area like you're going to get another line right over here, right?
72		So if you look at this, right, most you'll see about four of these.

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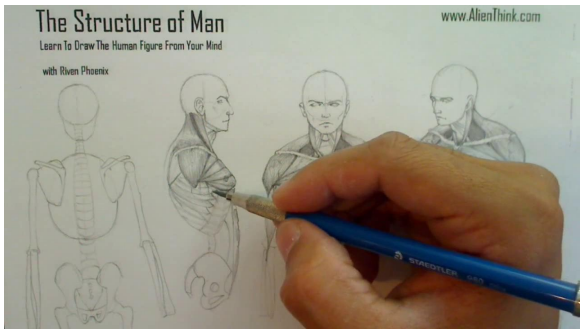
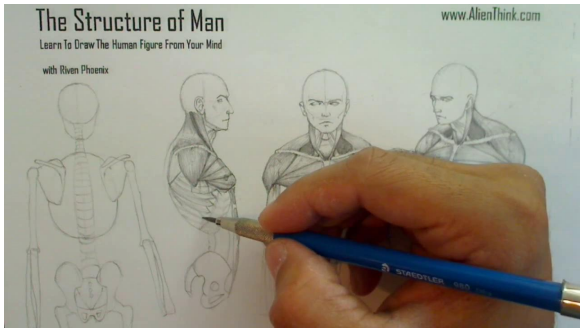
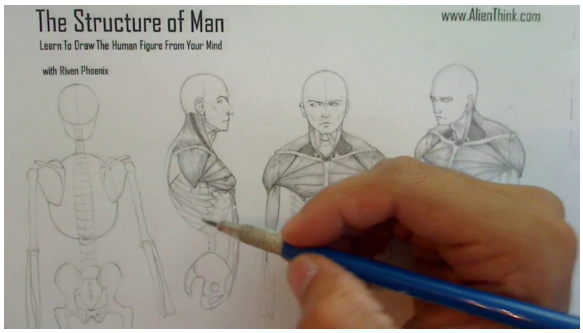
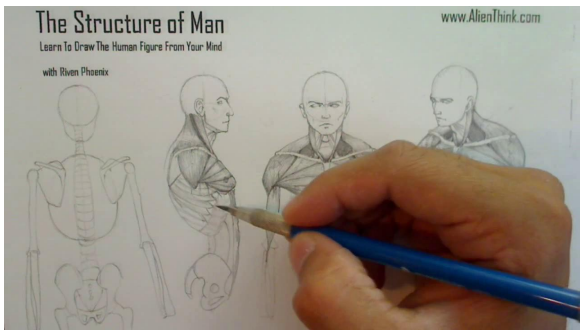
73		So we've got one, two, three, four, right?
74		And sometimes you might see the fifth one, okay?
75		So what happens is that now you get the oblique muscles and look how we did this, right?
76		The understanding of this is really if you look at it from here, we're just, it's really

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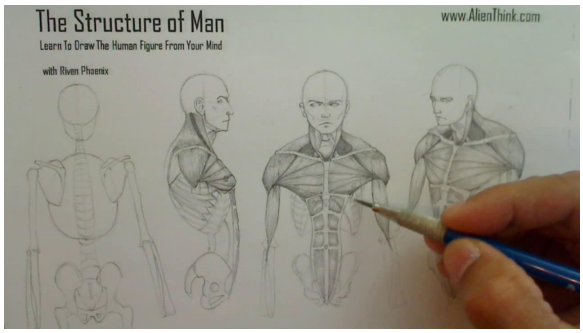
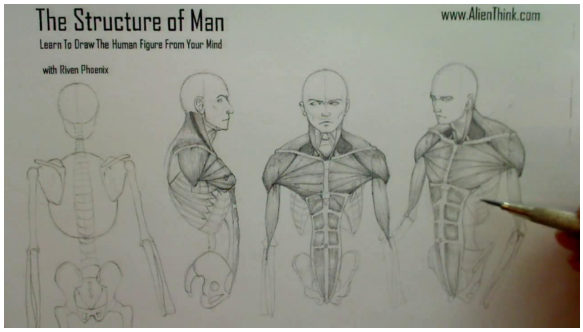
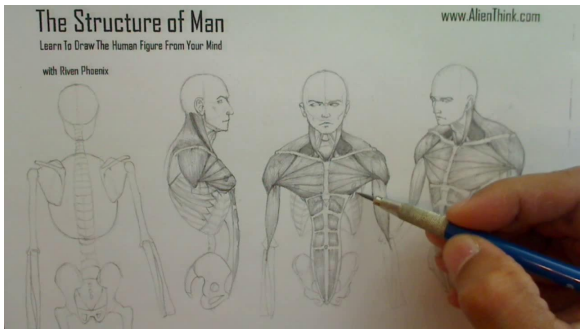
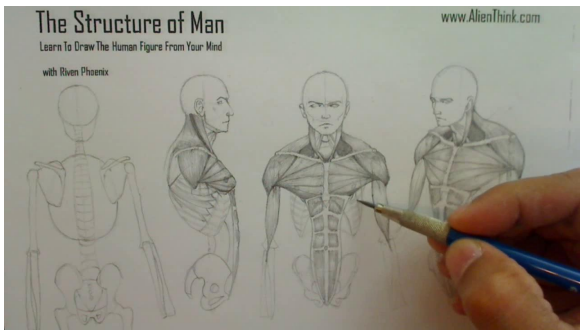
77		about the oblique muscles as to they're coming around and they're going to circumference
78		the chest cavity.
79		So they're really just going to go like this.
80		So you have to look at the ribs, right?

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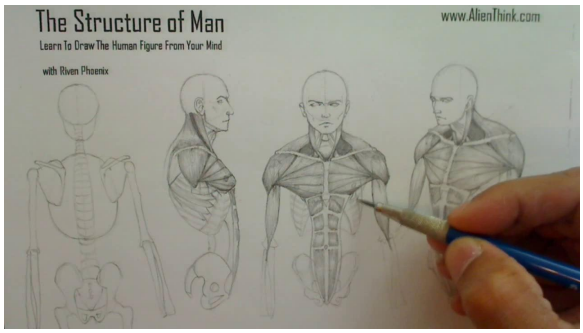
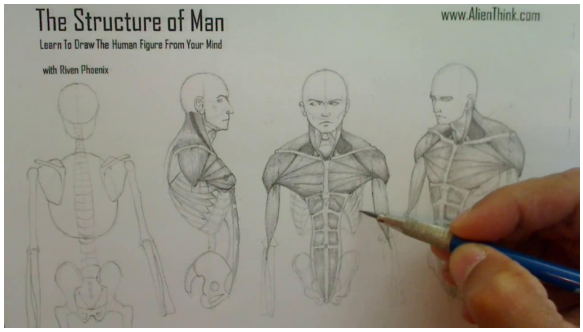
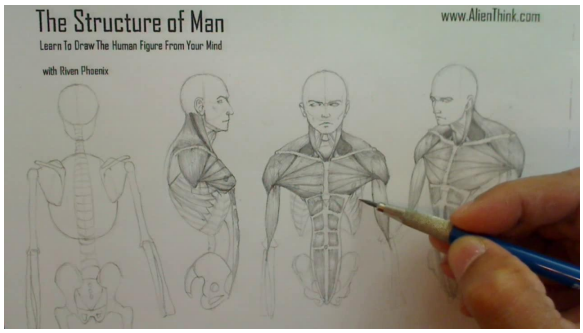
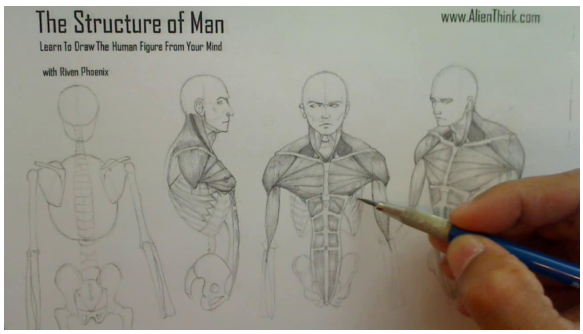
81		You're going to get one line over here, I'm going to get like another line over here,
82		I'm going to get another line.
83		So meaning that this muscle, see where this is?
84		It's just going to be like this and it's going to be like this, right?

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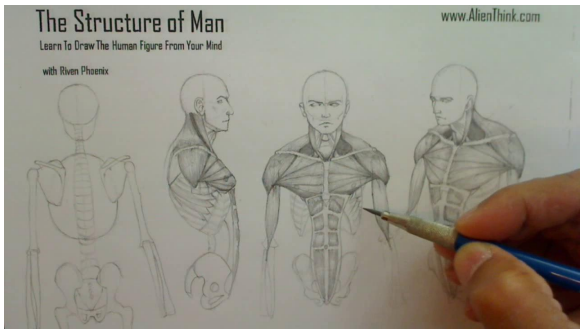
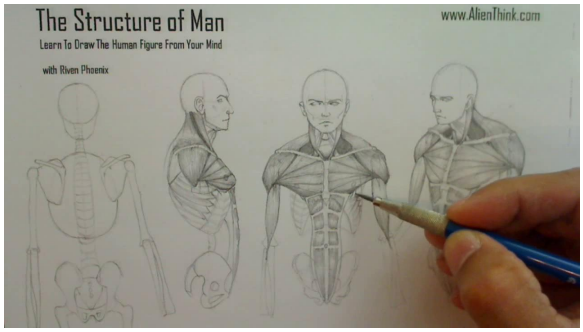
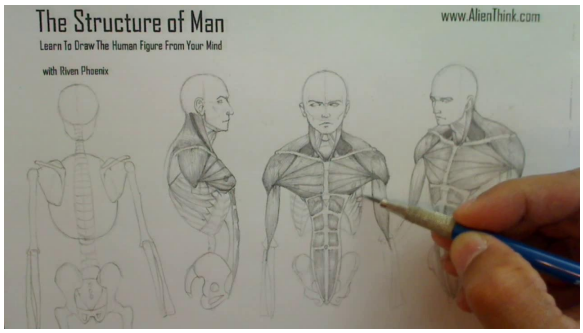
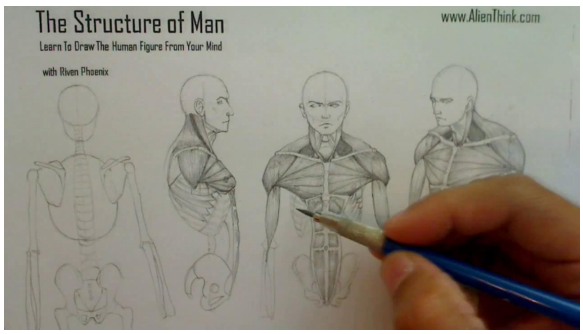
85		They're just connecting in this way over here, you're going to get these jagged feet, right?
86		Make sure you understand this area here because it's really, it's, it's kind of like tricky
87		to understand at first as to what's going on because they're really just falling the ribs,
88		right?

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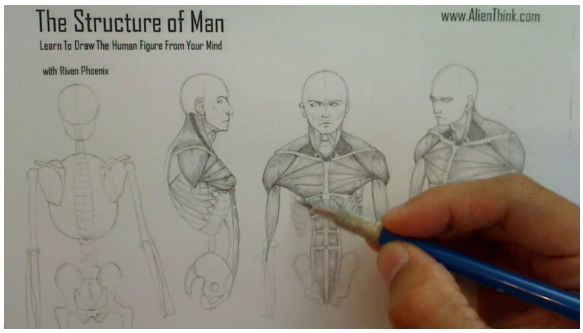
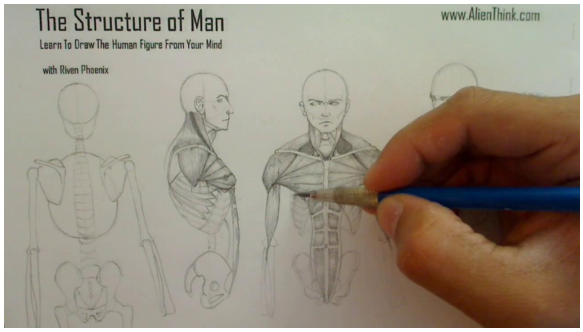
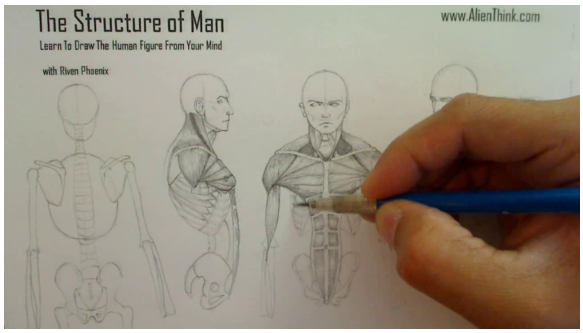
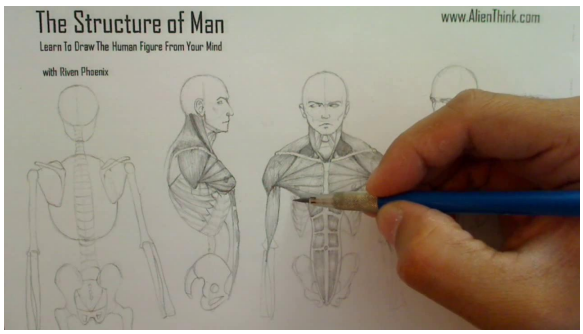
89		So if I do, if I do this area over here, right here, I know that, okay, well, I'm going
90		to get the oblique muscles over here, right?
91		I'm going to get them really based on the ribs.
92		So I'm going to get this line because this is now going, you know, over here it's going

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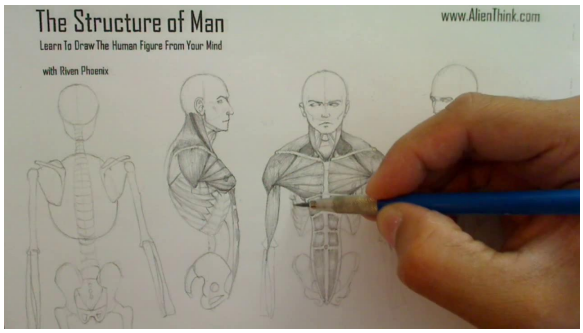
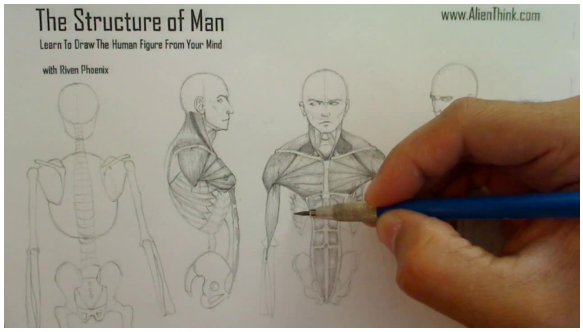
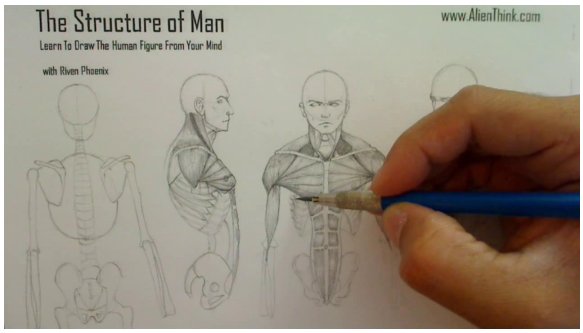
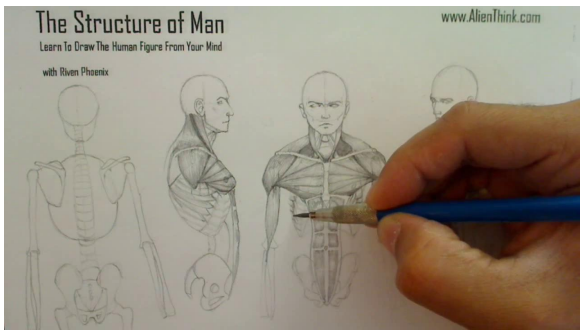
93		to come up, then this is going on the other rib, this is going to come up, it's going
94		on the other rib, like, like so, right?
95		So you'll get like this, falling this line, this curve, I'm going to get like these jagged
96		teeth that are coming out, right?

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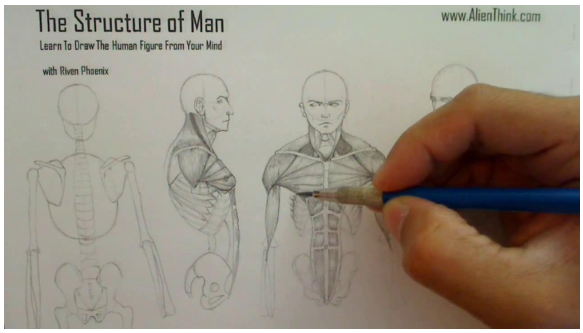
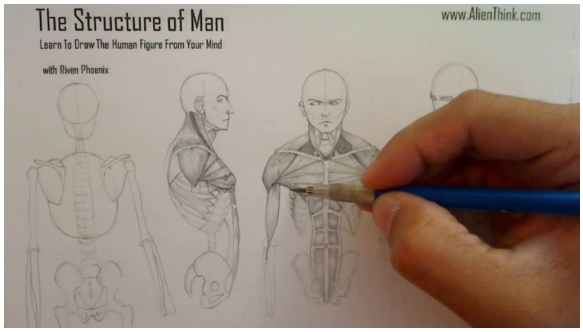
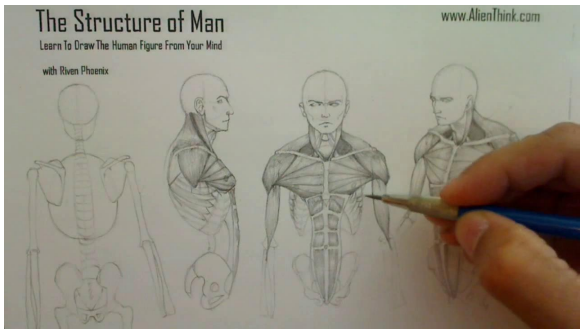
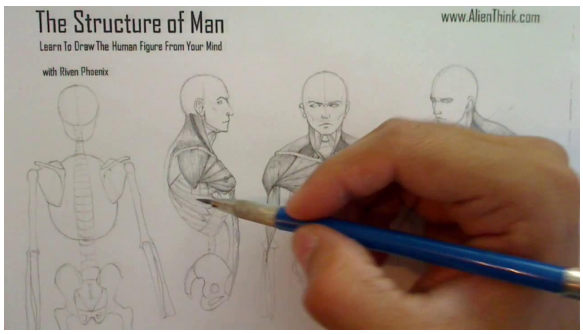
97		So here you'll see I got one, two, three, four, at most, one, two, three, four, at most,
98		to be able to see them and they're just going to go like this over here, okay?
99		We will get them like this in this area, like so, okay?
100		So over here, we just likely drew them out because when we understand the back, right?

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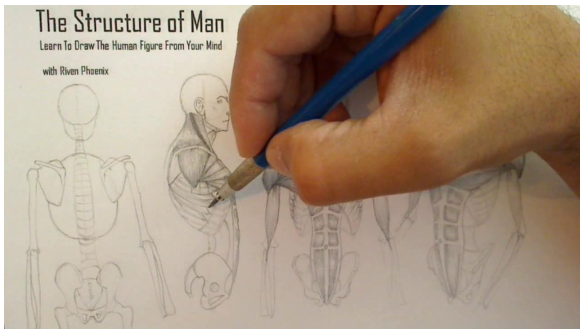
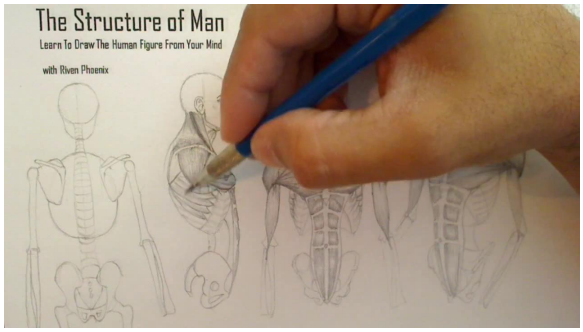
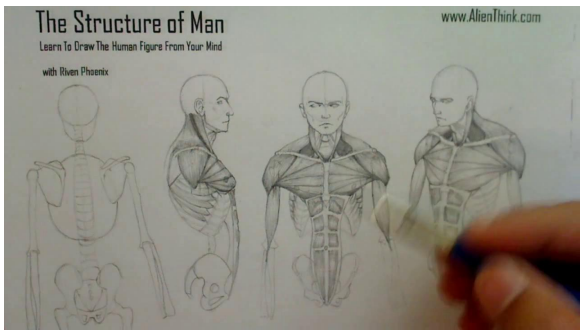
101		So what we want to do is over here, just put the muscles like this, very, very likely.
102		But don't go all the way in the back because we're going to get the muscles for the back
103		and all of this will start to make sense to you.
104		Right, so what happens is that these ugly muscles are just going to wrap around and you're

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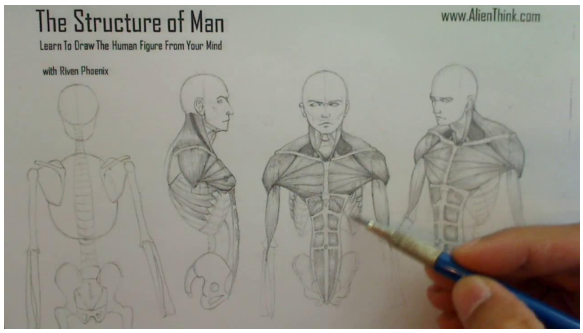
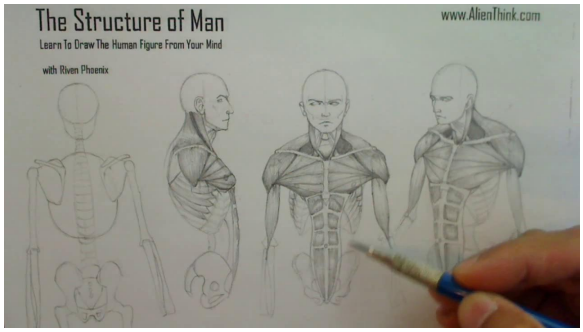
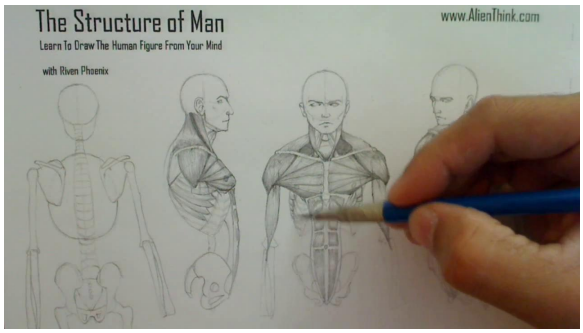
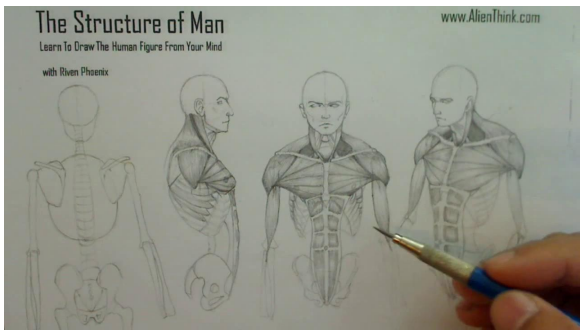
105		going to get like these very subtle lines on them, right?
106		And over here, I'm just going to, it's going to wrap around, it's going to go like this,
107		it's going to go like this, this over here, okay?
108		And it's the same thing over here, I know that, okay, I really have to think about this

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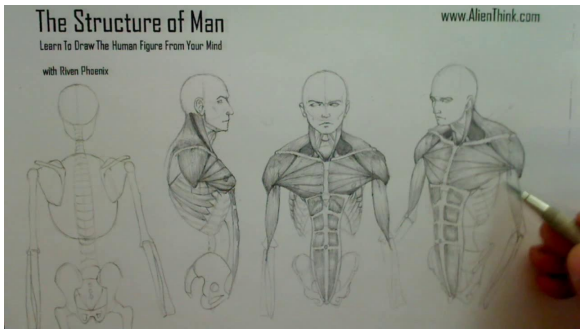
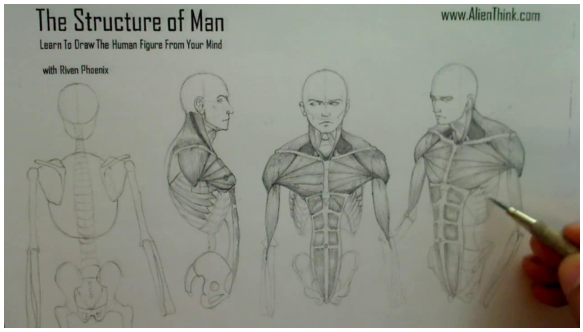
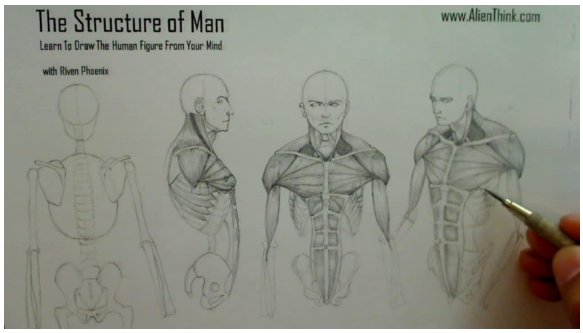
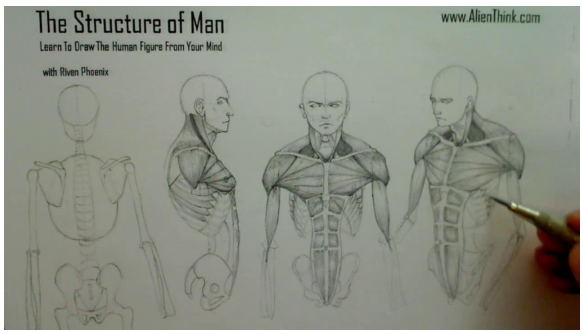
109		muscle going here, it's going here, it's going here and it's really these lines that
110		are coming out, I would of it, that's making this idea come out, right?
111		I got one, two, three, four, and really five, right?
112		So it's for it, most you'll see them and then the fifth one is just there.

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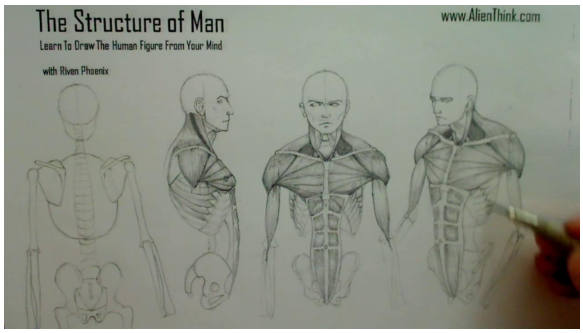
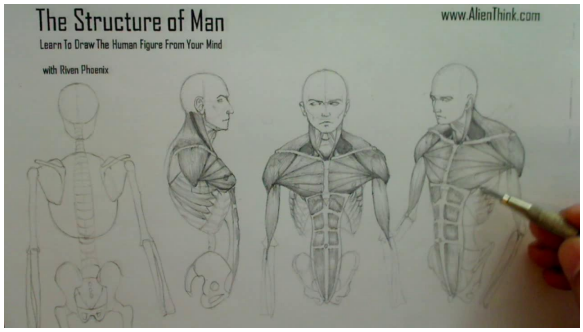
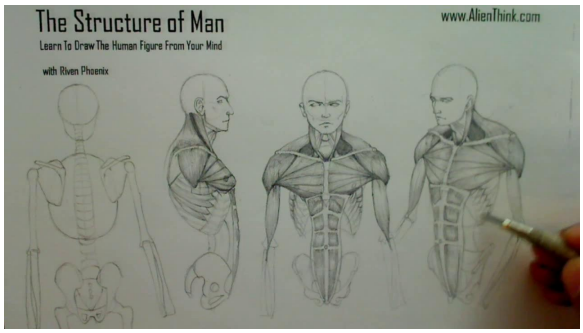
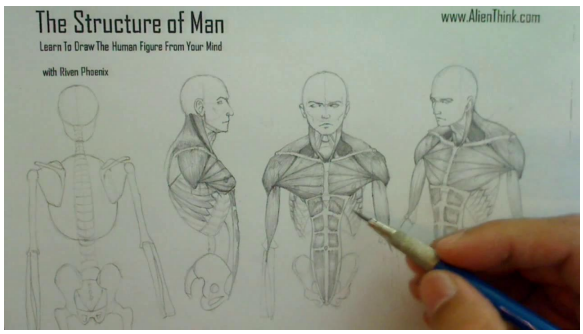
113		But notice how these oblique muscles work, right?
114		So here I'll get like a line over here, this line, this line, this line, this line,
115		knowing that it's falling the circumference of the chest cavity, right?
116		So what happens is when they come over here, this will, you'll get like a little dump

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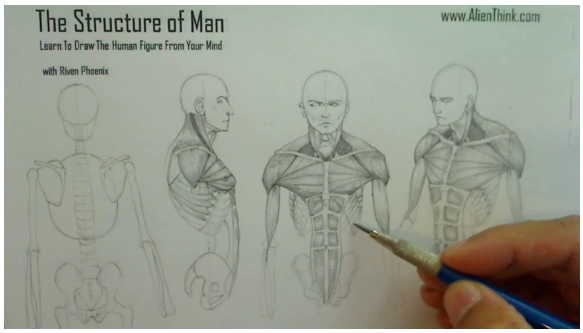
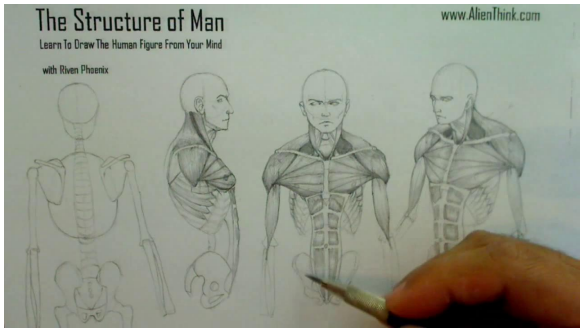
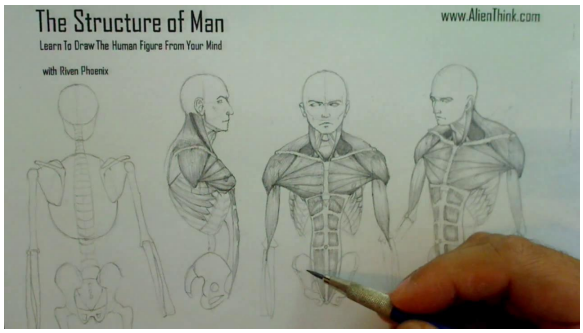
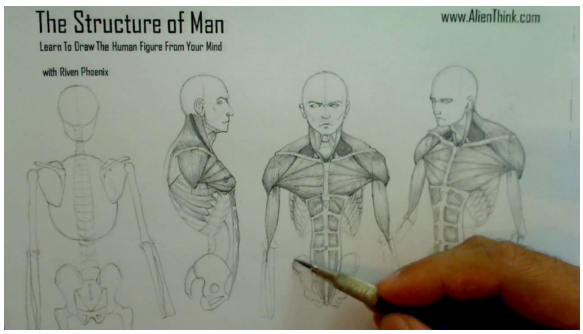
117		in here, they'll start to go dump inside.
118		So now we can begin to understand the love handles, right?
119		So the love handles are just going to be coming down in this way over here.
120		So they're just going to be, this is your pelvis area over here, right?

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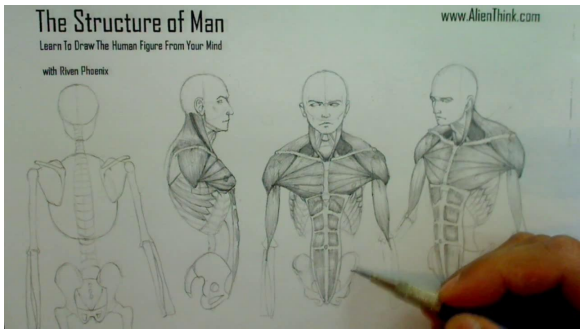
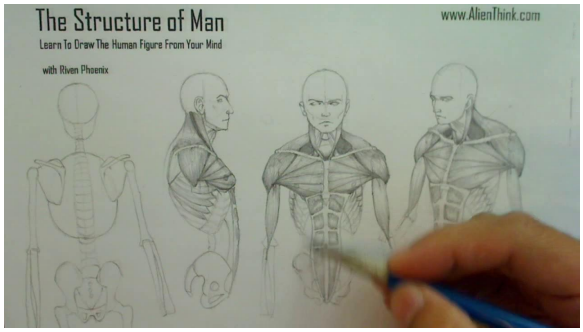
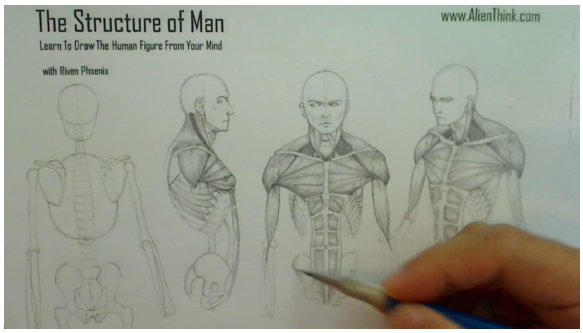
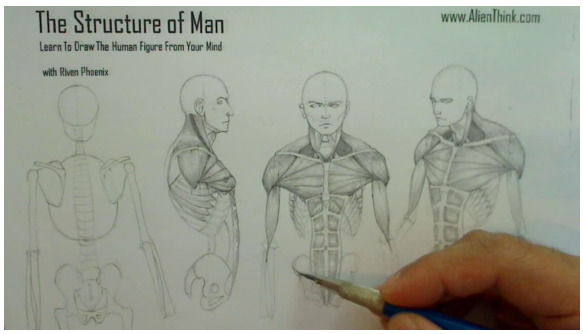
121		And the key to understanding is it's where we say where the nipples are, we've got to
122		have the love handle junction over here, right?
123		Regardless of how we drew this, it doesn't matter, right?
124		It has to be a junction like this, right?

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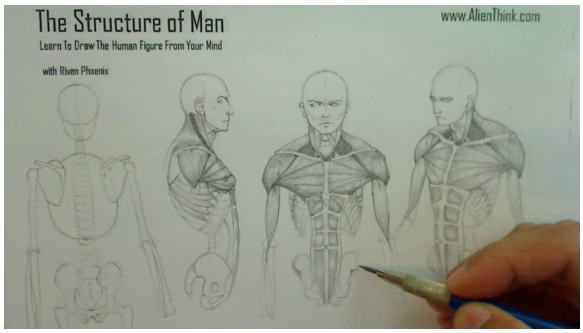
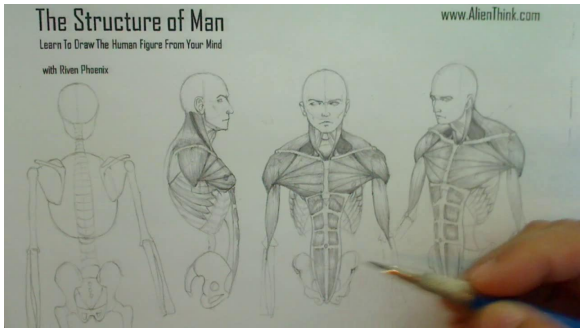
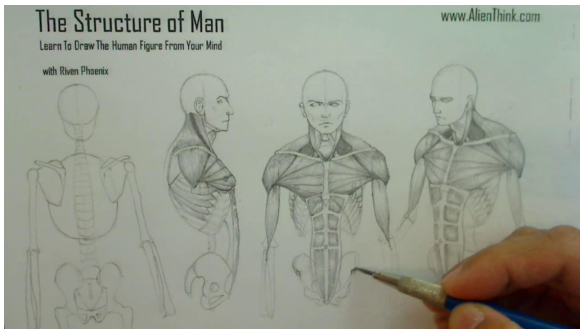
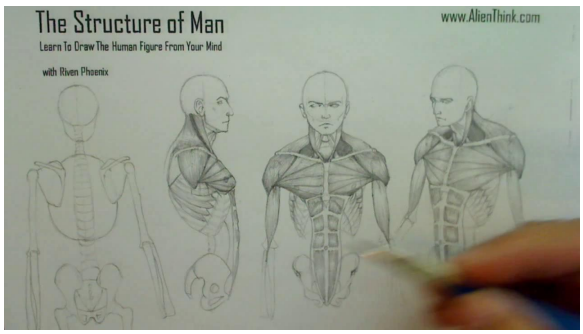
125		So you know that the love handles are really going to be here and you're going to get like
126		this small bone sticking out from the pelvis, right?
127		The little bit of area and they're just going to be sitting on top attaching all the way
128		and they'll go in the back, the love handles.

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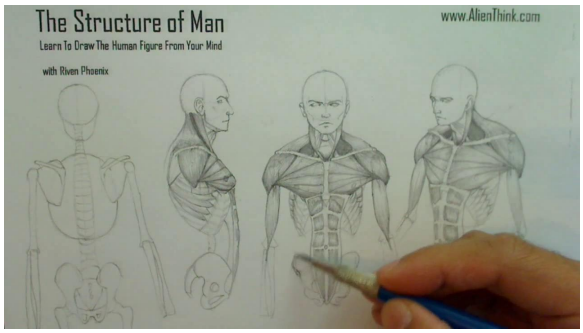
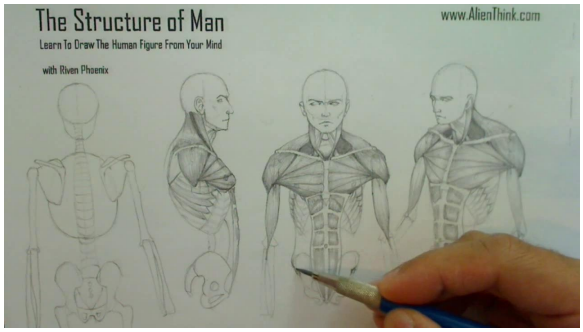
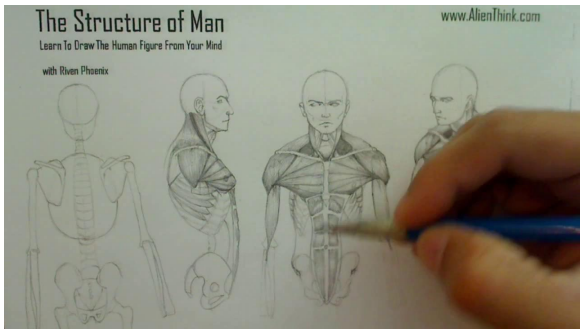
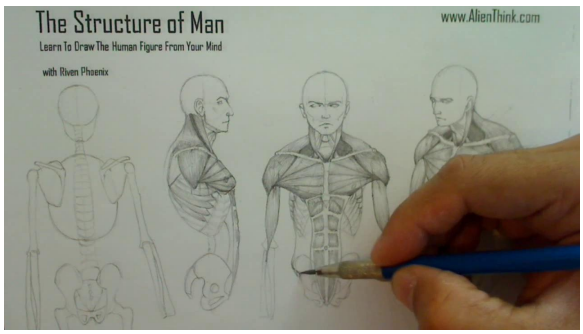
129		And so this is why you'll get a thickness like this and they'll basically become like this.
130		So really they're part of the old league muscles, right?
131		So these lines that I'm showing you, they're really just going down this way.
132		And the love handles are just going to be like this and they're going to be part of this whole system, right?

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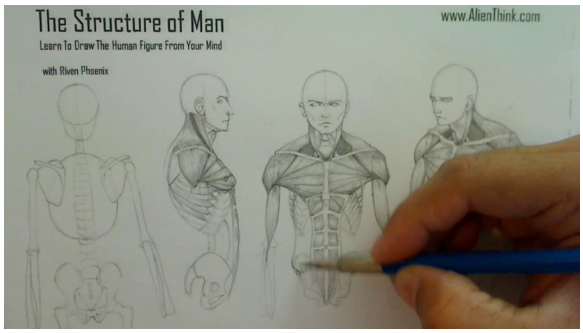
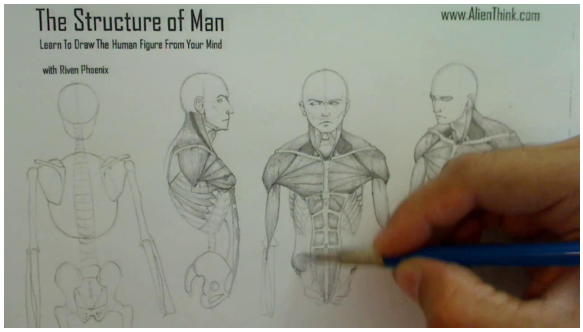
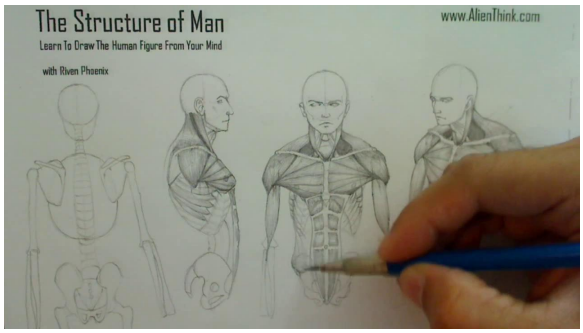
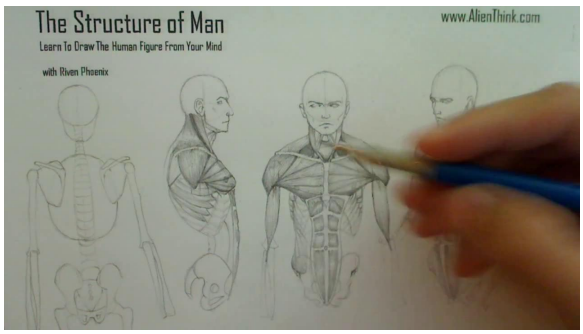
133		So now when we draw them out, you'll begin to understand conceptually what's going on here, right?
134		This is how the love handles are really designed to part of the whole overall system of the obliques, right?
135		So you'll get like these lines on the love handles that you'll notice in a lot of anatomical books, right?
136		So here I'm just going to be like with these ideas here, right?

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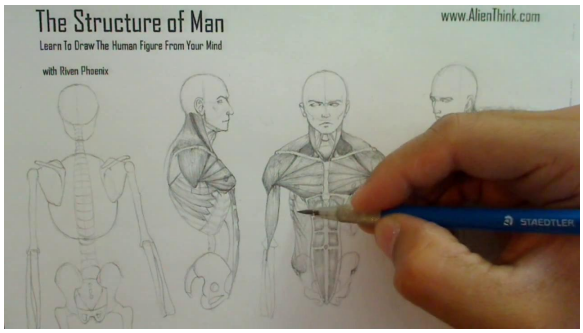
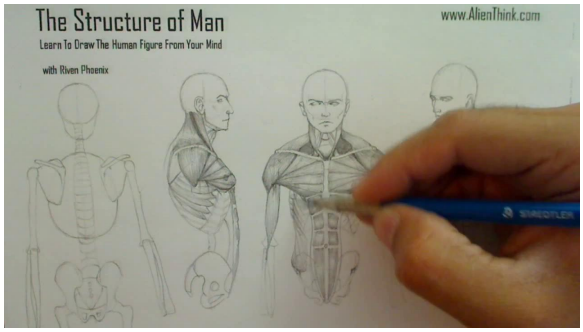
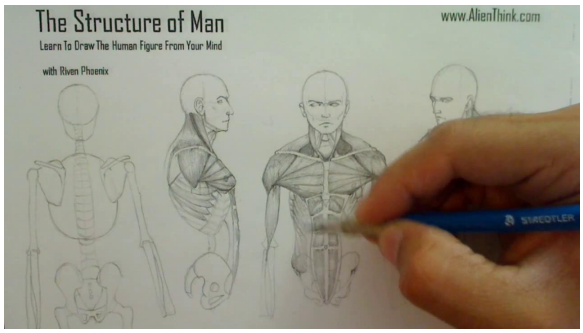
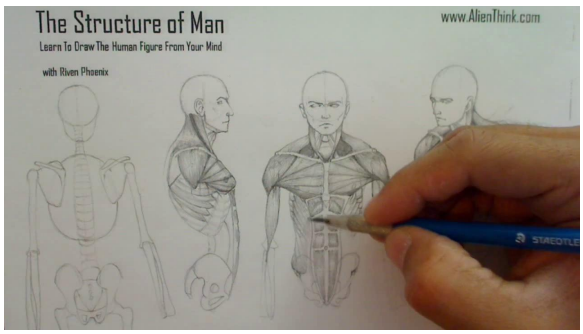
137		I'm going to get these lines here, right?
138		But that's really is to understand the side of this as to how to wrap this understanding of all the muscles
139		and you're just going to get muscle muscle muscle muscle muscle and it's going to be just like this, right?
140		So they're just going to be connected over here.

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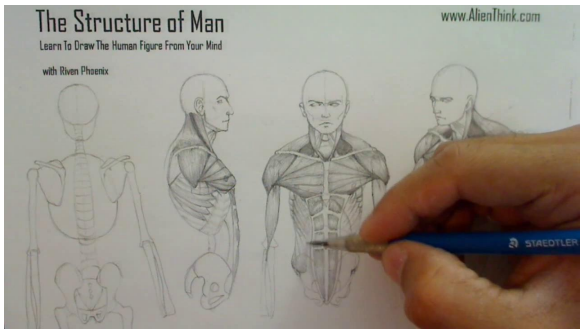
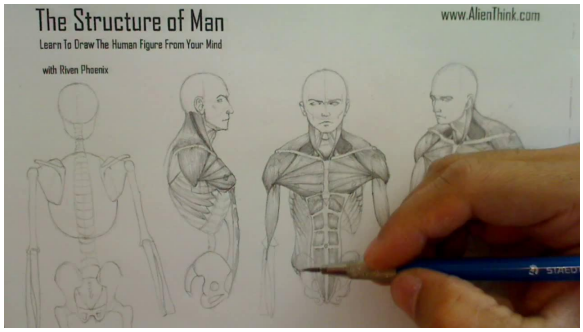
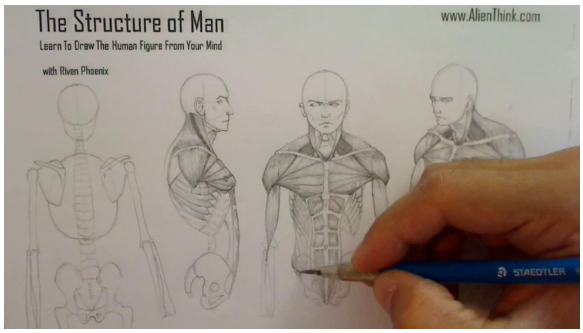
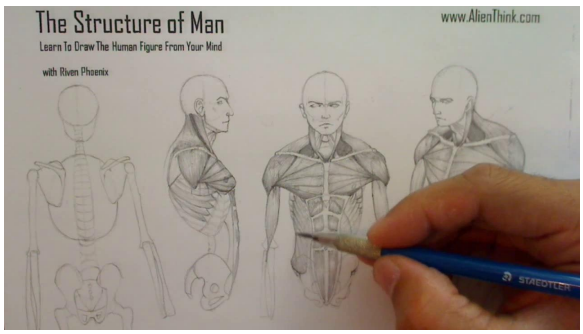
141		So we're going to be connected just like this, right?
142		So when you get to this area is where you get like the white area, right?
143		So this area here is always understood as the love handle, but notice now we have a deeper understanding of what's going on.
144		It's just this guy coming here.

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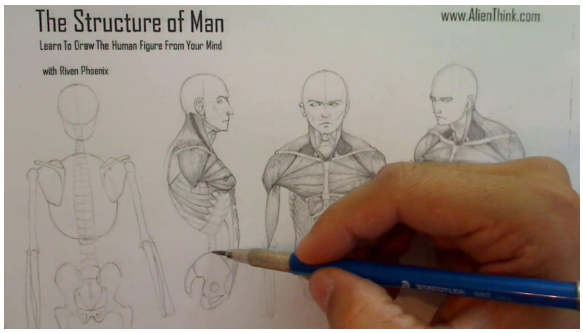
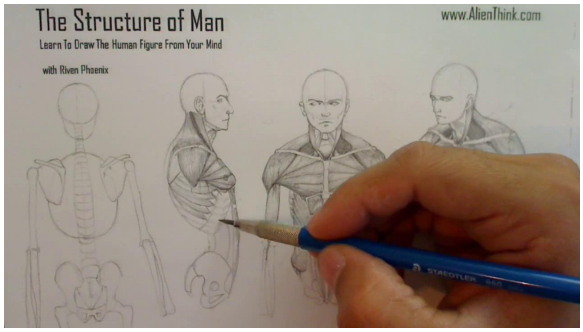
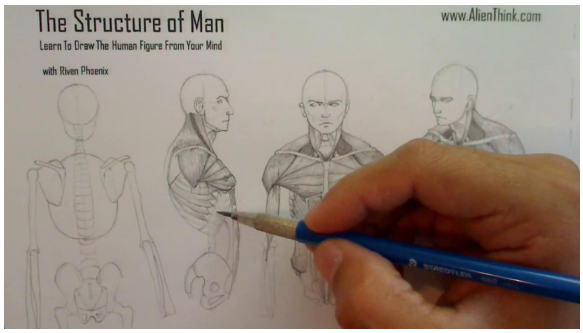
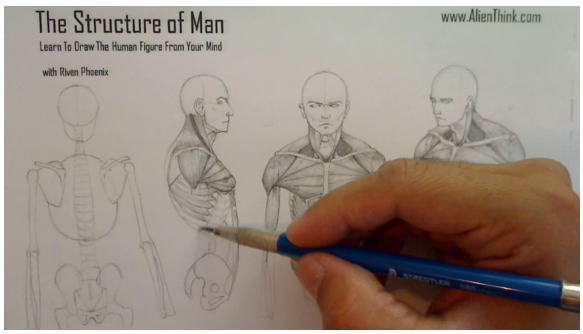
145		So what happens to it on the side is really it's going to end up connecting.
146		So these are notice the oblique muscles, right?
147		These oblique muscles are going to come and they're going to keep connecting like this.
148		They're going to go all the way to the 12th vertebrae and they're just going to come down and connect here to the side here, right?

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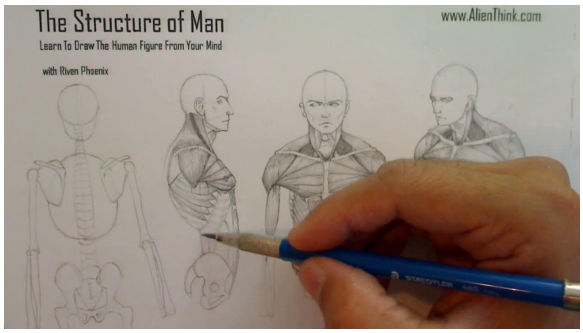
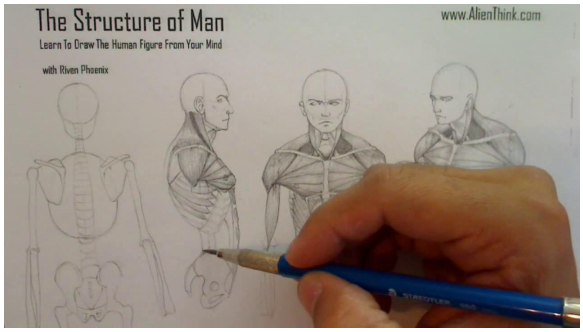
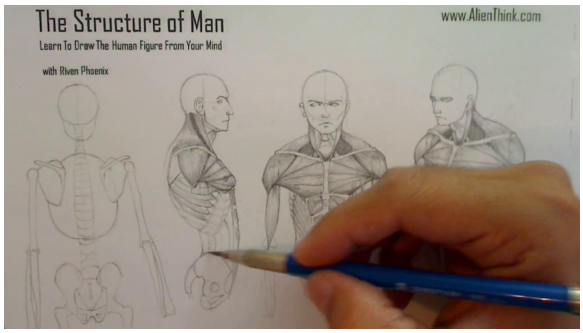
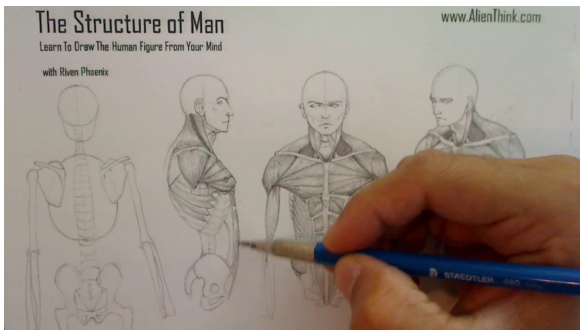
149		So we look at this section in a bit because we have to understand first what's going on here in the back,
150		but they're just basically going to stop like this around here, right?
151		And we'll adjust this later on because we don't want to we only want to understand the information that's in front of us, right?
152		So this information is just going to be like this.

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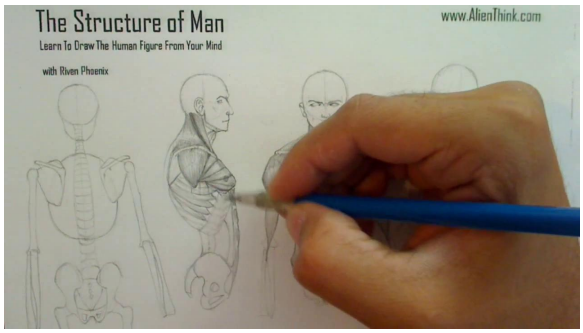
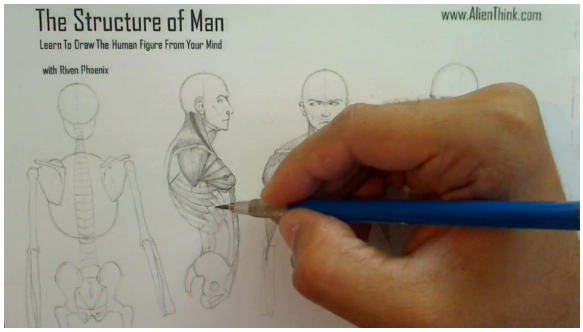
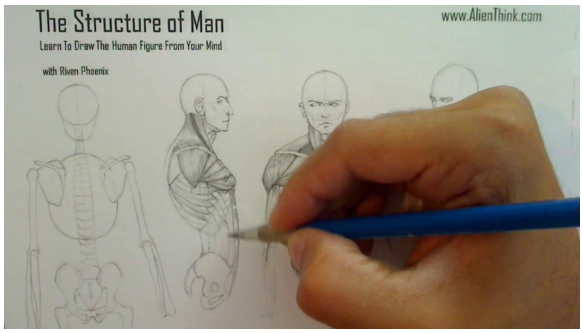
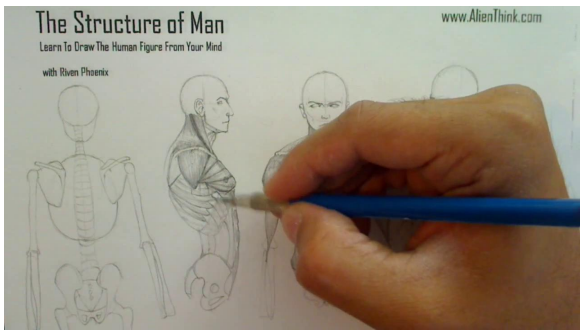
153		So here when we draw them out, right, we're just going to understand the right.
154		I got to remember that they're really falling the circumference of the chest cavity.
155		And they're really just going to come down so we can just finish this area off.
156		I simply putting a few of these lines here like this and just finishing it off.

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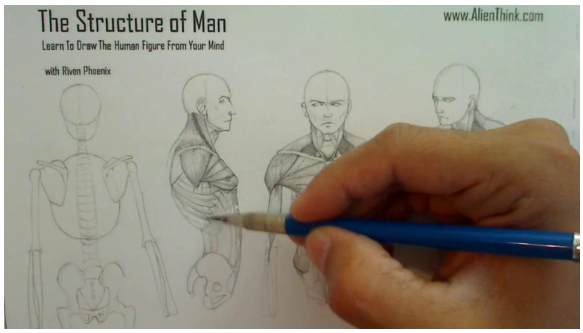
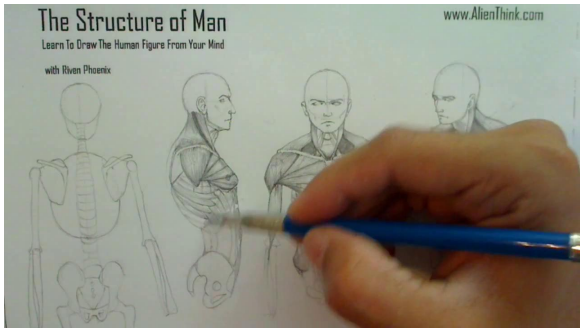
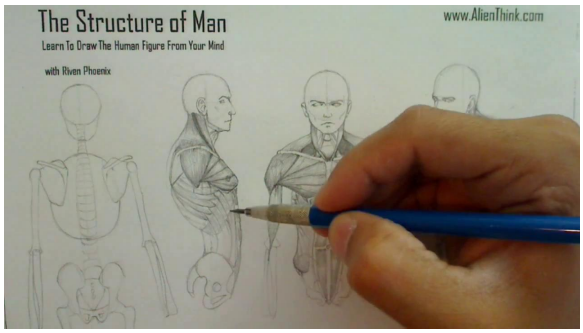
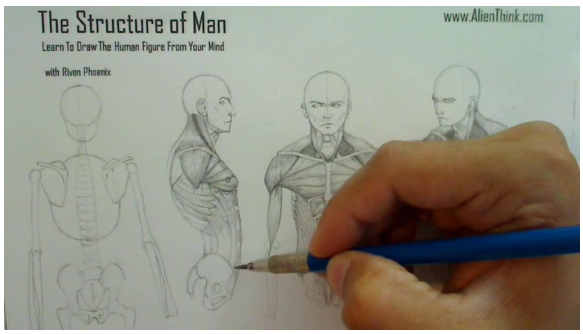
157		Like so.
158		Right, so we're going to leave this area V for now.
159		Because when we get to the back muscles, all of this will start to make sense.
160		Okay, so here I'm just going to get the love handles like this.

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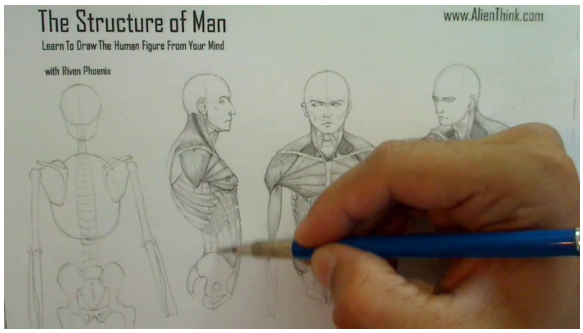
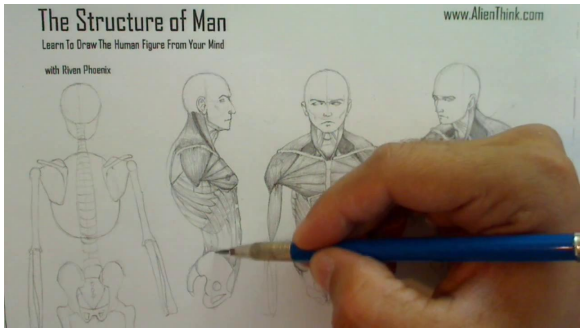
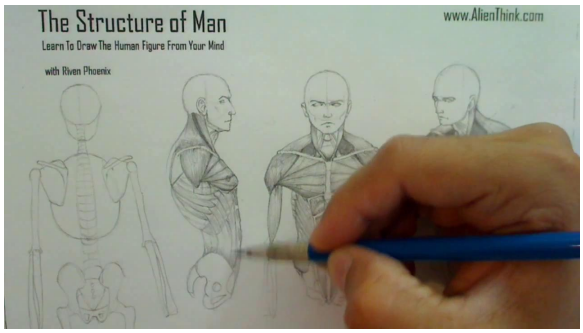
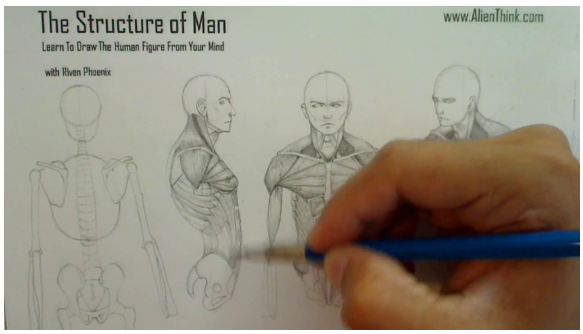
161		You're just connecting connecting over here.
162		Okay, so just going to go here.
163		Remember, they have a thickness.
164		Right, so I'm going to go this way over here.

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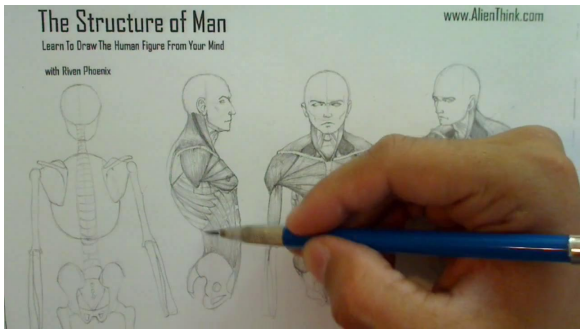
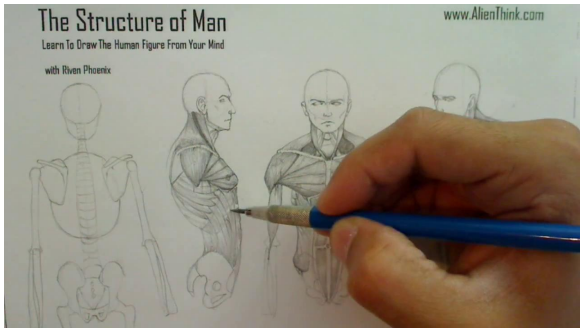
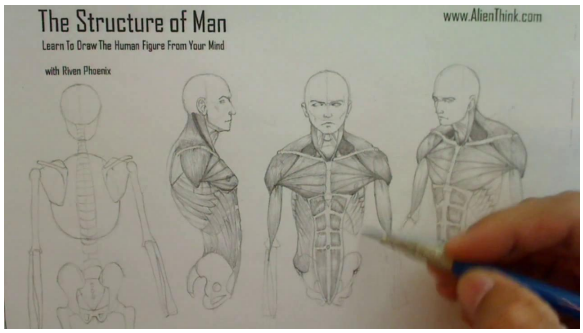
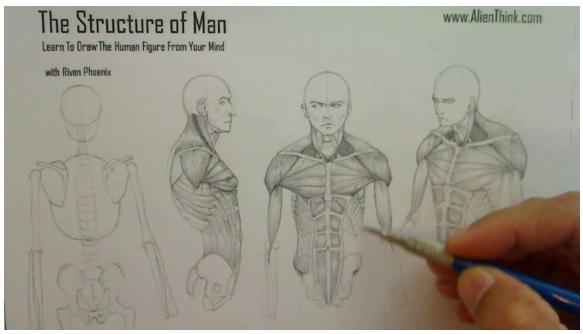
165		Right, so the love handles are really part of the whole bleak system.
166		You can draw a few lines here to represent that.
167		Right, so the same thing here.
168		So this is why when we do the curve for the love handles will be like, right?

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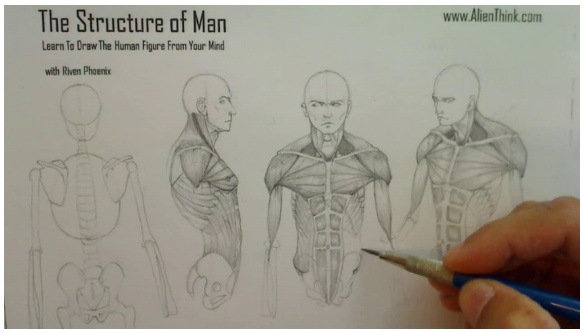
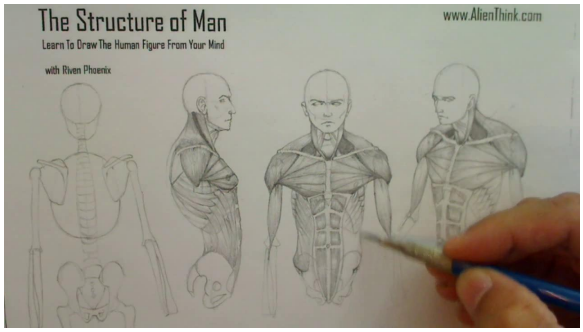
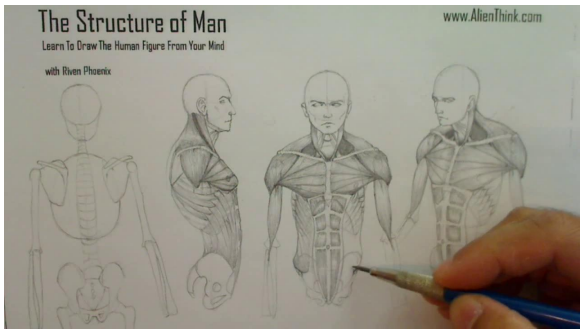
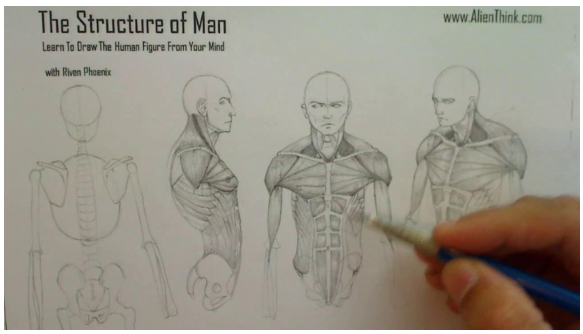
169		I understand that.
170		So just release part of the oblique system.
171		And over here, I'm just going to get the love handles going in this direction.
172		Right, so all of this will now start to make sense as to what is really going on when

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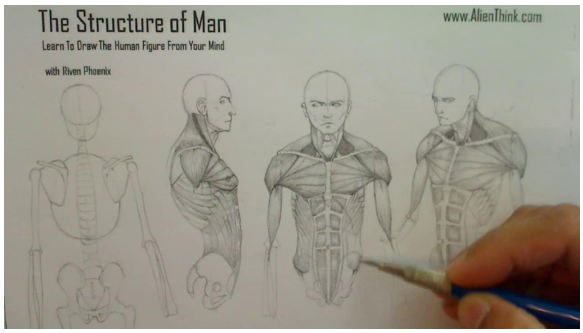
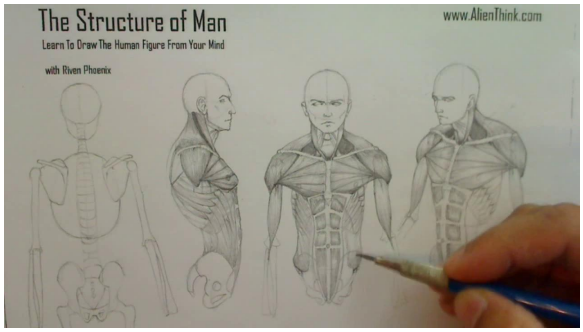
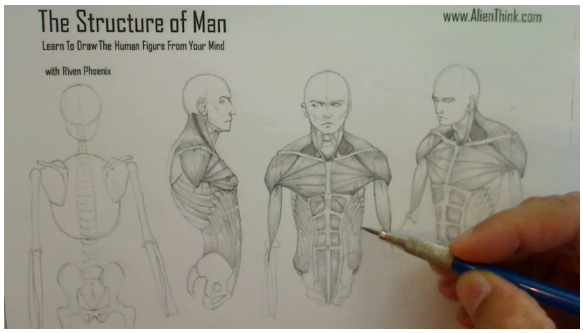
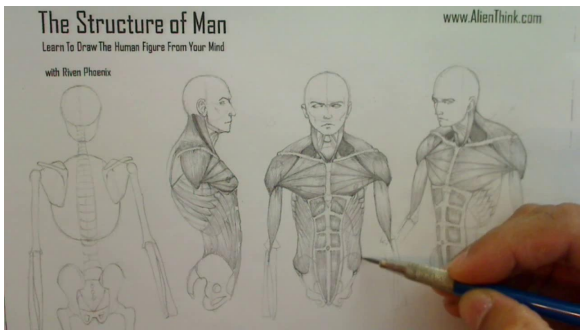
173		we draw the human figure, why the surface anatomy and all these angles are where really
174		all the counter lines are coming from on the human figure because it really has to do
175		with all these muscles.
176		It's just going to come out like this.

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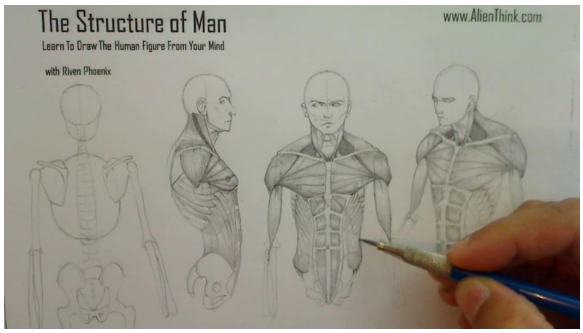
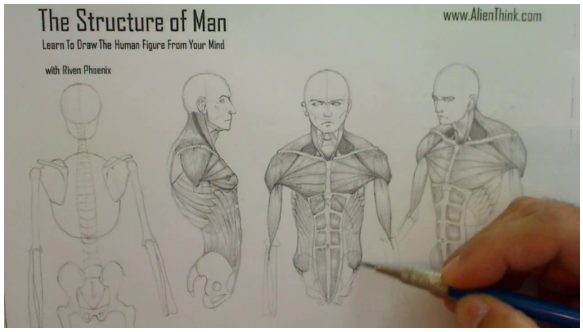
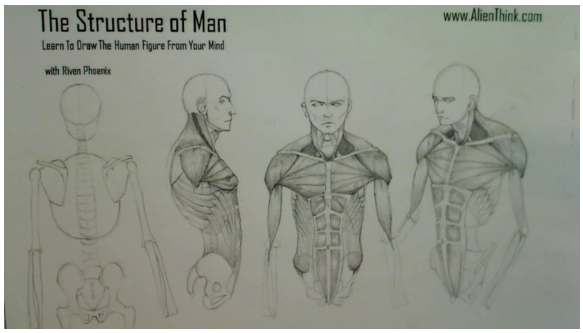
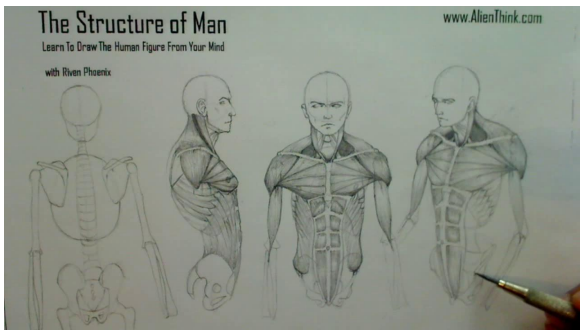
177		Okay, it's going to be like this over here and I'm going to give this a little bit of
178		a thickness over here like this.
179		Okay, so now that we've understood this, can begin to grasp this concept, right?
180		Just know that this piece of bone is going to like stick out a little, right?

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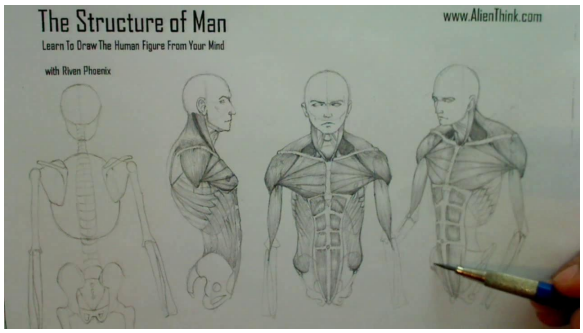
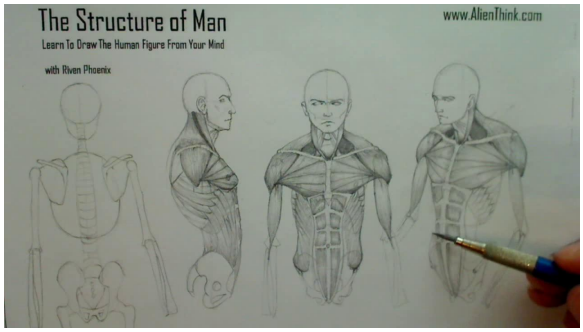
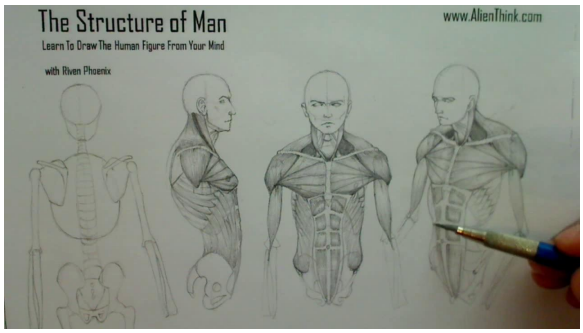
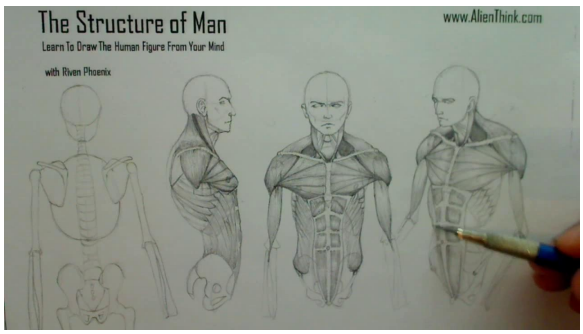
181		So here, this will now begin to make sense or, okay, right, the love handles are going
182		to be like this and then this area here, I'm going to get for the ribs over here, right?
183		So really not much is you're only going to see a muscle going like this and it's going
184		to dump in, right?

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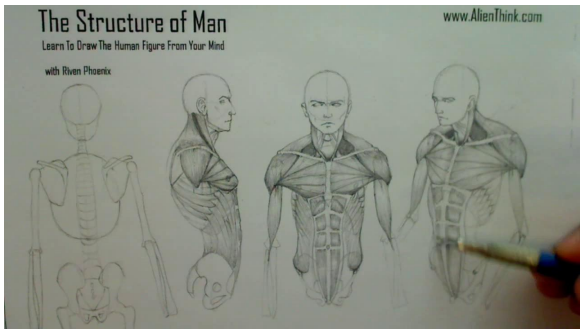
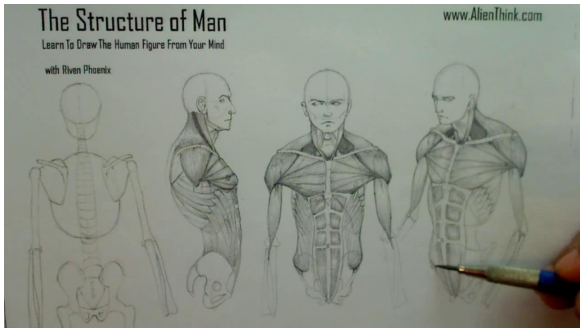
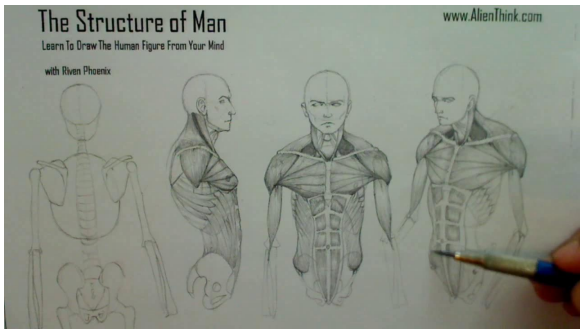
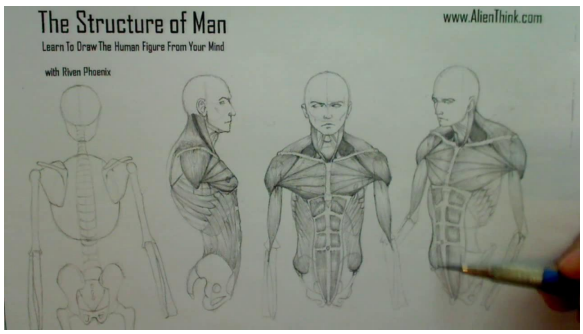
185		Pretty simple concept and over here, I'm just going to get it over here.
186		But these love handles are just going in this direction, right?
187		You're going to have to think about this part here in 3D, just like this, right?
188		Just shade it in, like so, to understand the concept of this area over here.

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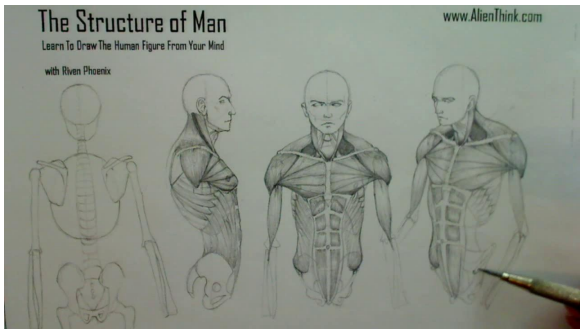
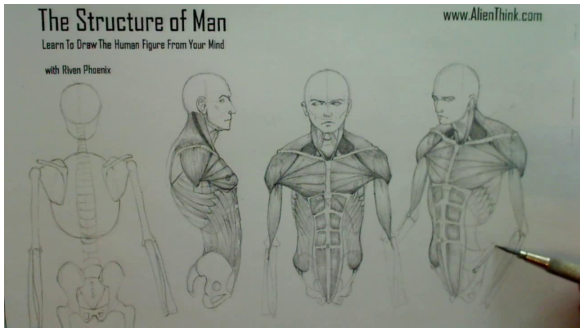
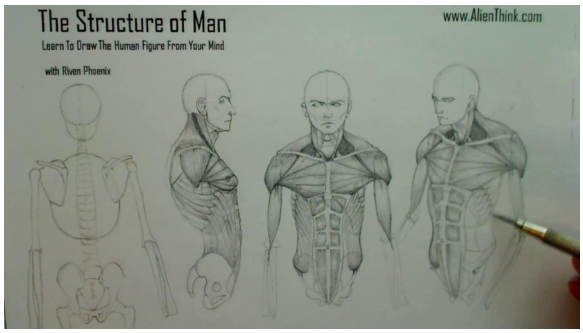
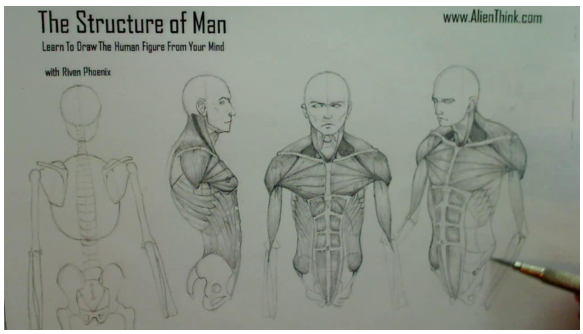
189		Okay, and this is going to be the same thing.
190		It's just going to be on top and you're going to, it's going to kind of like dipping and
191		then it's going to be like this.
192		Okay, it's just on top over here and we're going to get the muscles of the obliques again,

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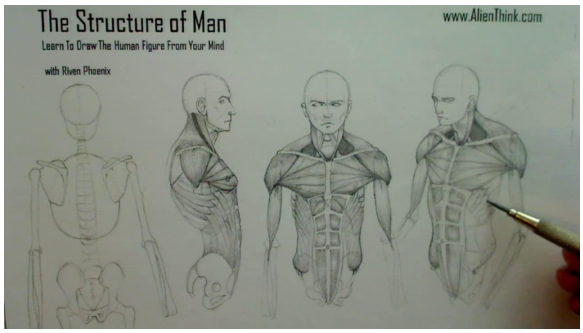
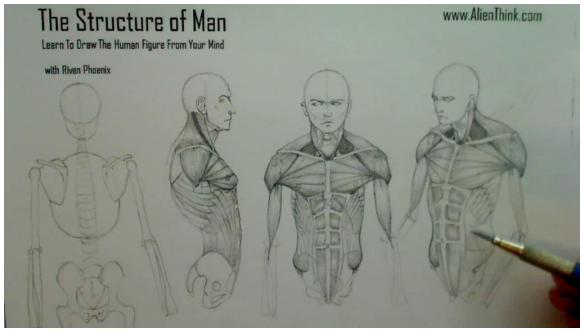
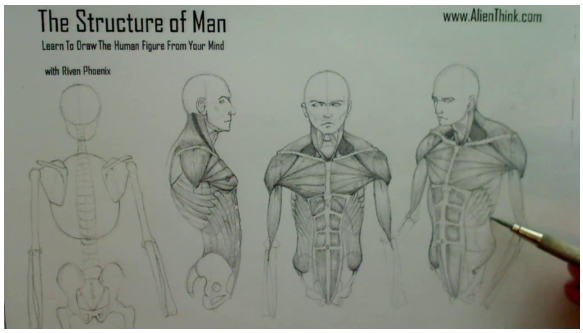
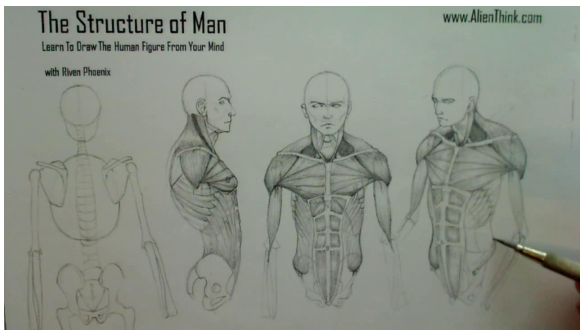
193		wrapping around chest cavity, right?
194		And then they're going to kind of like go in, right?
195		But notice this area that in surface, not in this area really is coming like coming in,
196		right?

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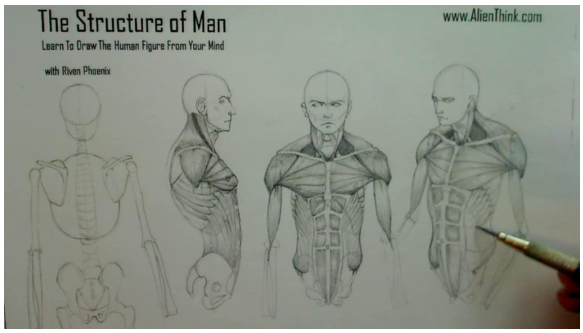
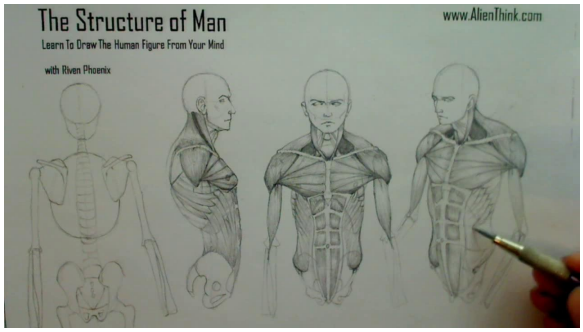
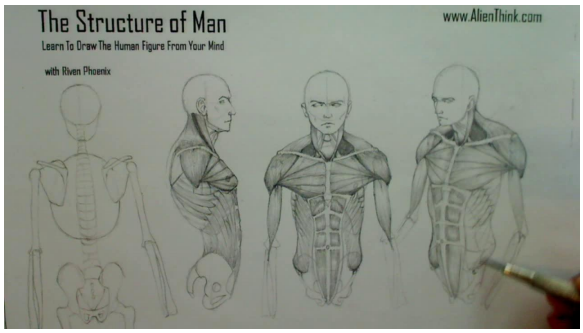
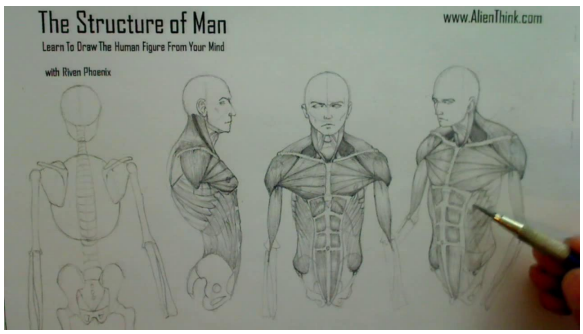
197		So it's going to be kind of dark anyways.
198		So here, just going to really just finish off this section over here.
199		Okay, so when I get over here, I'm going to do this like a little bit of a dent, right
200		to show that it's really is touching.

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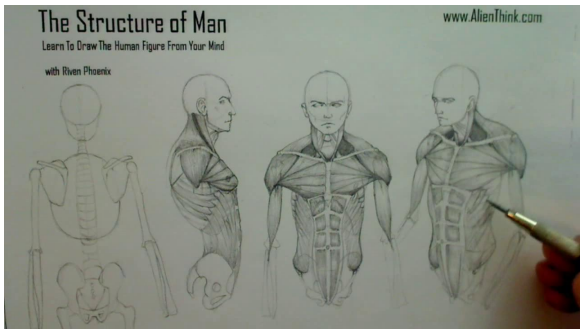
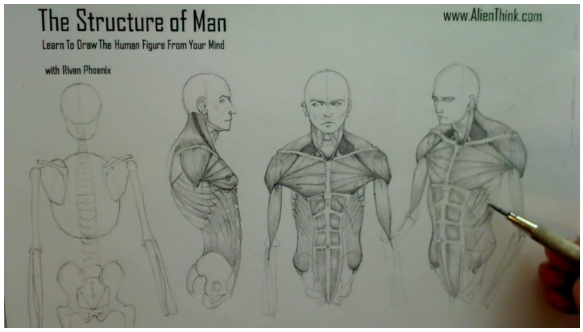
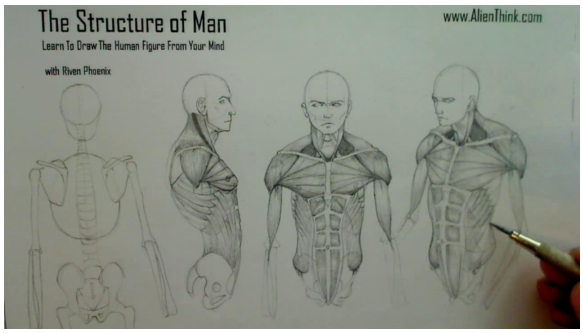
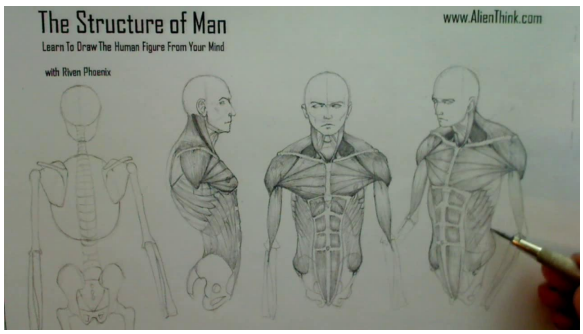
201		It's really starting to now go inside the chest cavity, right over here, right?
202		So keep that in mind that you've got to have like these basic conceptual understandings
203		off the figure, right?
204		And this is obviously just going to be coming around like this over here, right?

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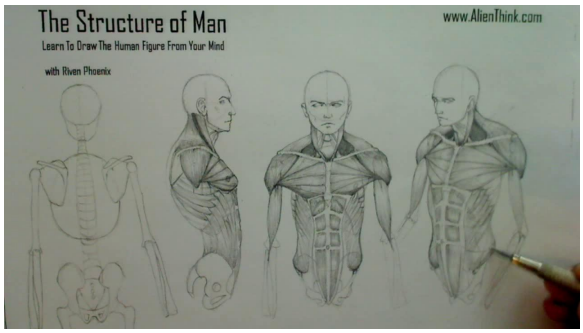
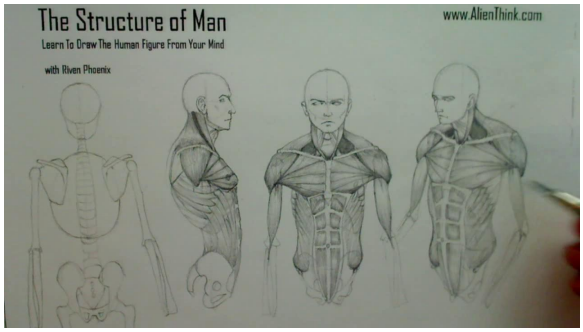
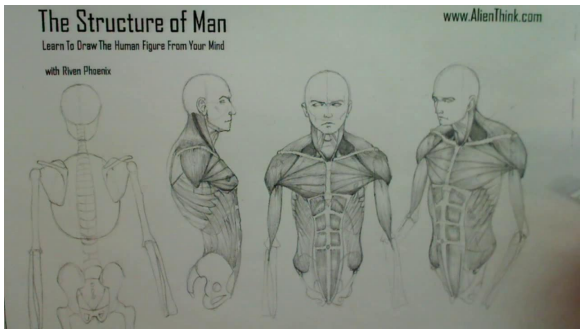
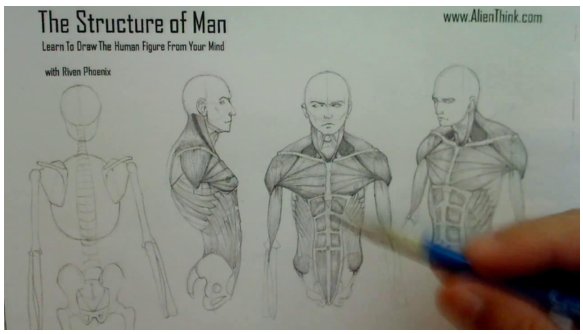
205		So this was very easy to understand on this side here.
206		Okay, so these are obviously just going in their direction over here.
207		Okay, so now to just finish this off, right?
208		Because we really have understood the frontal part of the figure, right?

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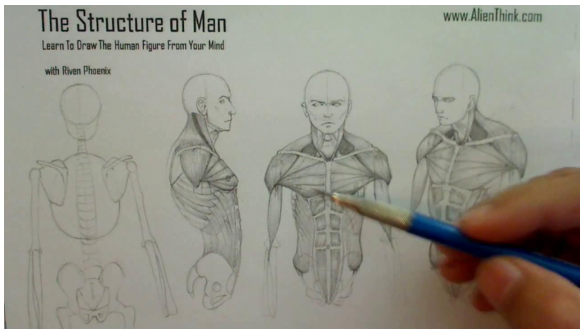
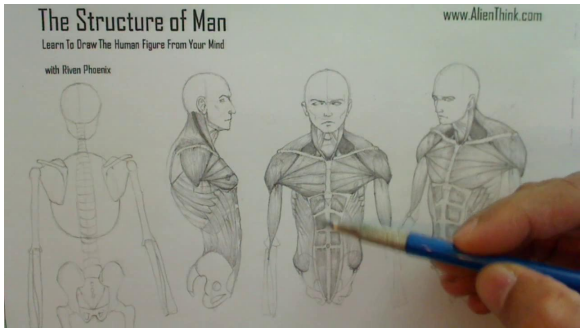
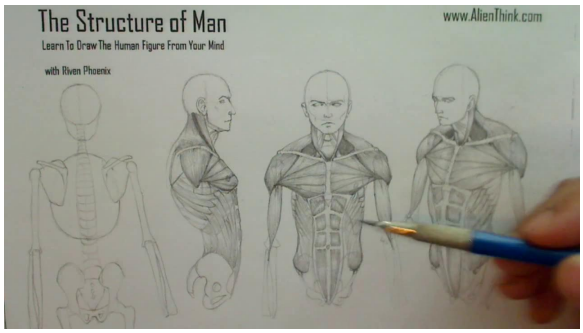
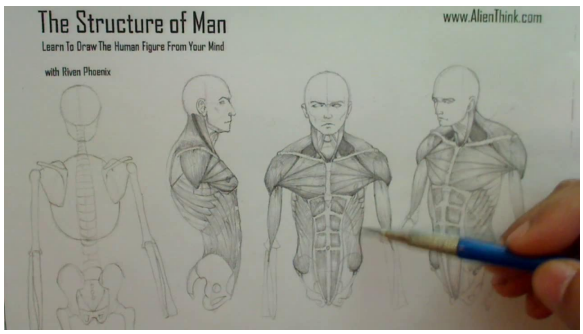
209		Right?
210		So notice that I mean, just keep these concepts in mind that, right, you can fluctuate
211		between these, right, you can make them a little more deeper in.
212		So what happens is that in the back, right, in the back, you'll get the door side muscle

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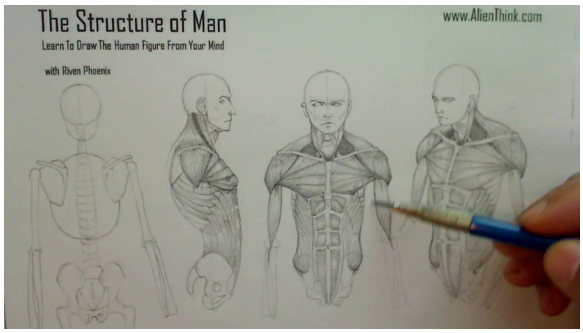
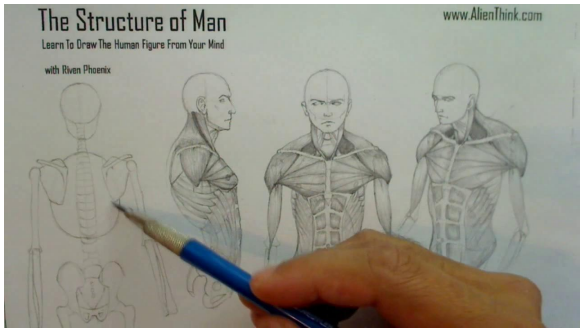
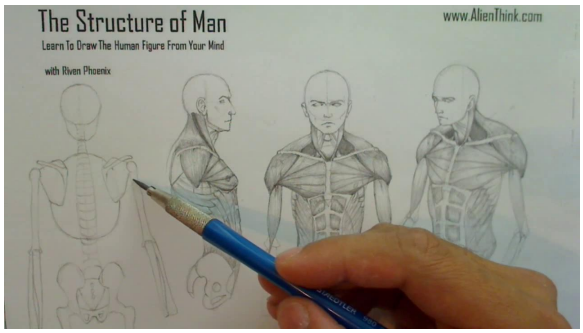
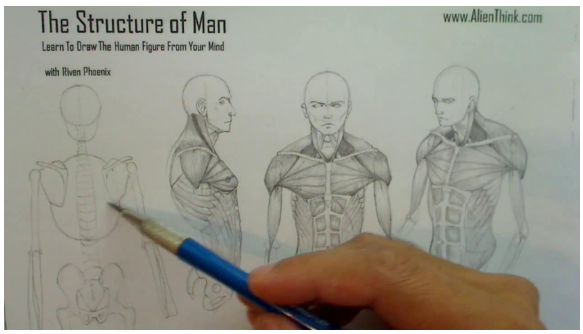
213		and the door side muscle is going to be connecting to the inside of the humerus bone, right?
214		So if the door side muscle connects from here, it's going to connect to the inside of
215		the humerus bone.
216		It's going to be like this over here and it's going to go like this.

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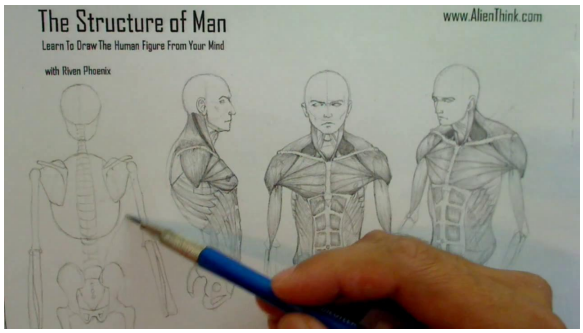
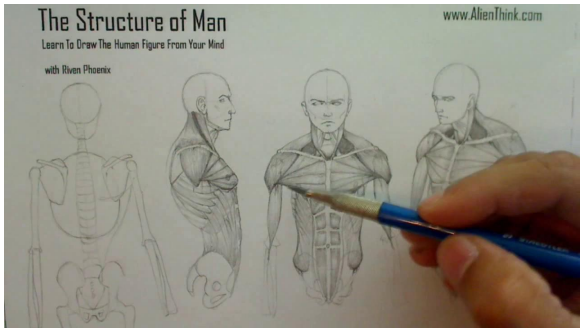
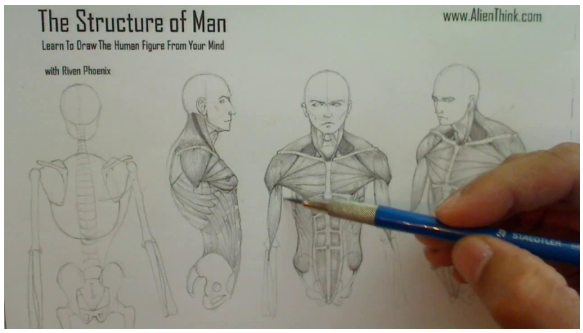
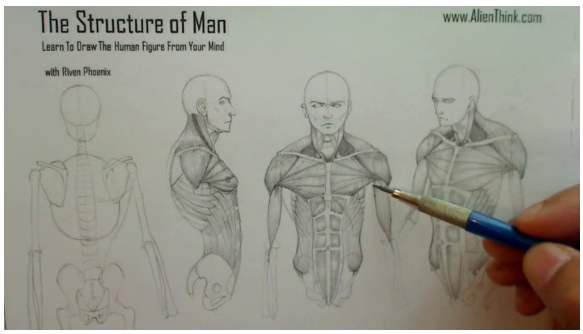
217		So I'm going to show you this, but don't draw it in showing how this connects.
218		So if this is the case, you're just going to think about how this is going over here
219		and this is where you'll get the back muscle over there on the other side, right?
220		So it's just going to be like this and then you'll get it from the other side.

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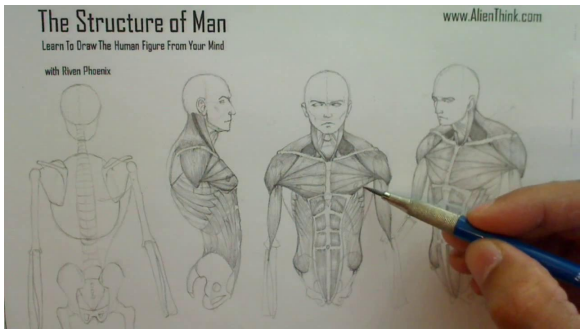
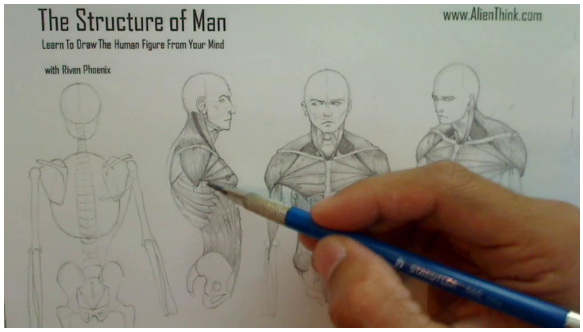
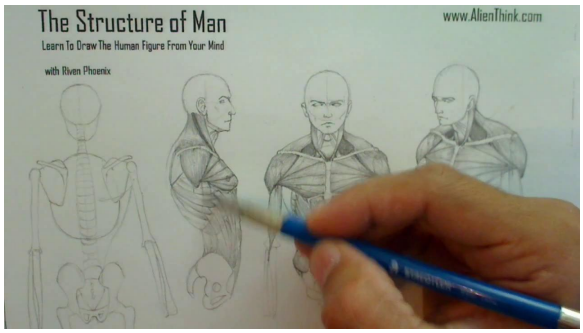
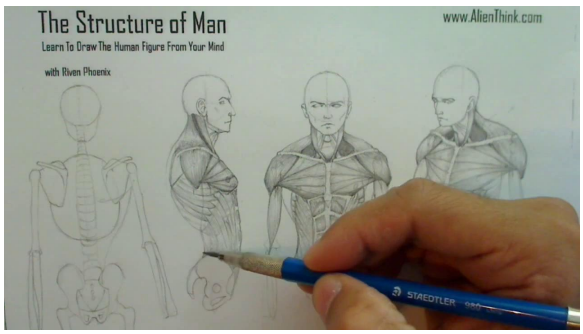
221		So really creates like a line over here over these muscles, right?
222		So what's happening is that because of where this bone is, right?
223		So here I'm going to now get those muscles over here.
224		It's going to connect in the back and over here you'll get like this idea here, right?

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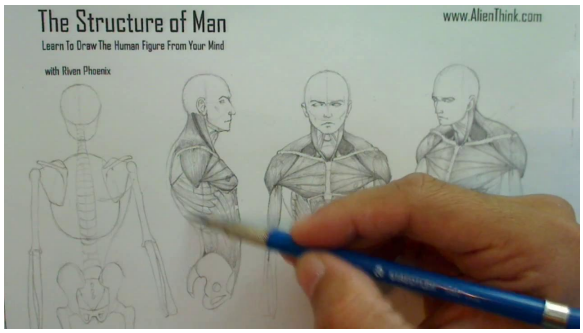
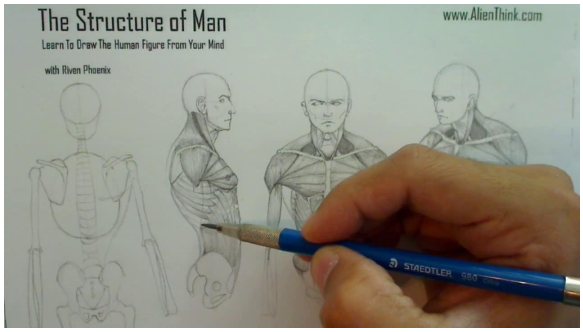
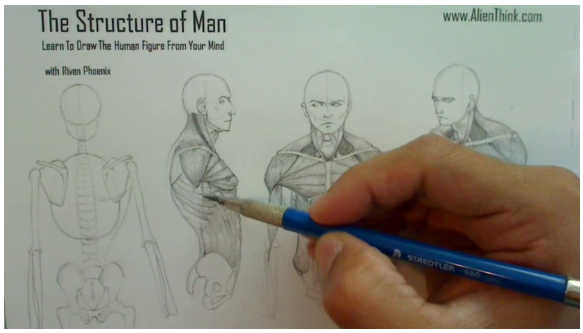
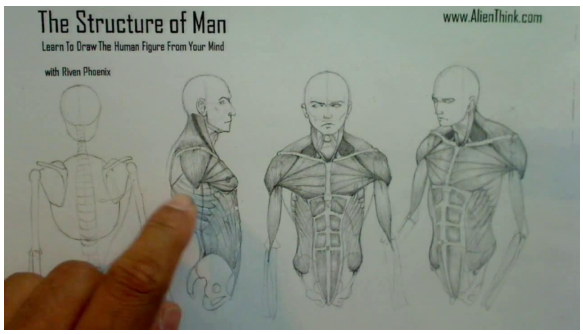
225		So here we're just going to put it down simply like this, okay?
226		Because they're really just connecting here to the back, right?
227		So we're just going to put this like this over here that this muscle, there's going to
228		be a line over here.

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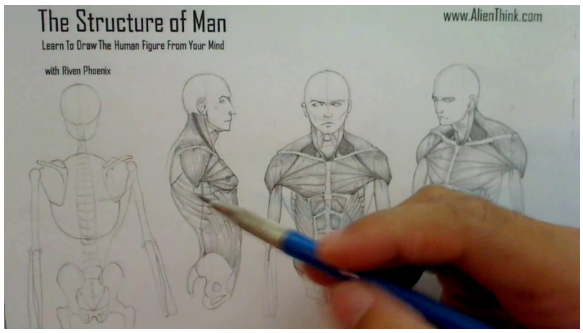
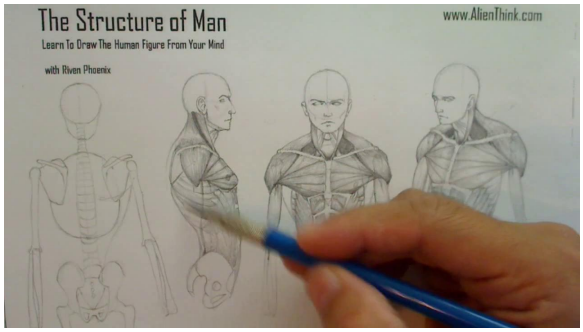
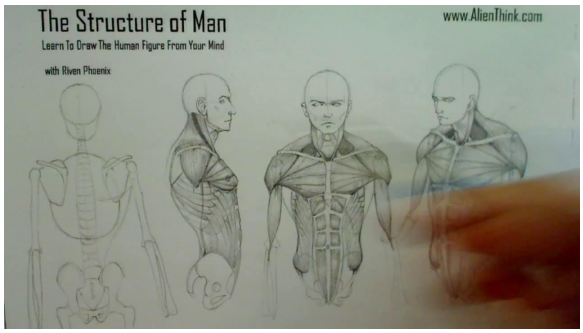
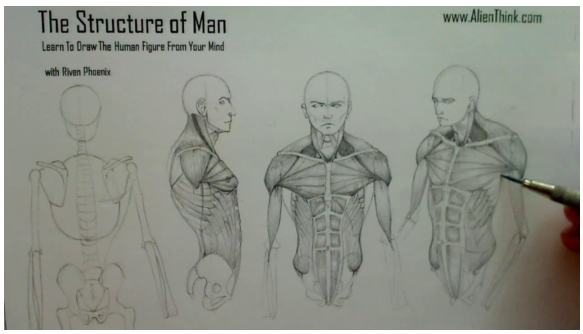
229		I'm just showing you that this is connected.
230		We're not going to touch this area because we have to modify this a little bit when we
231		get into the back, right?
232		So over here, this is going to be simple.

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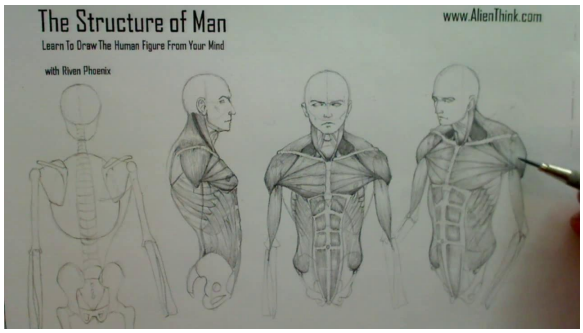
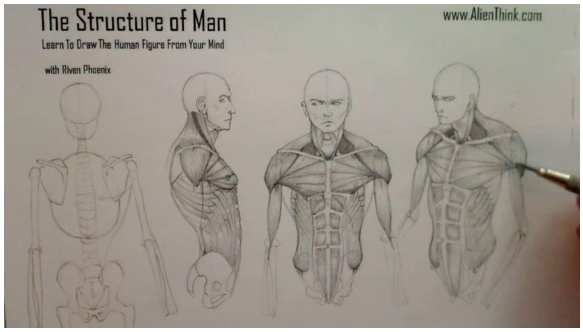
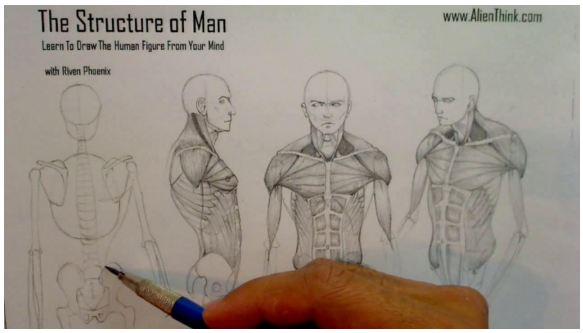
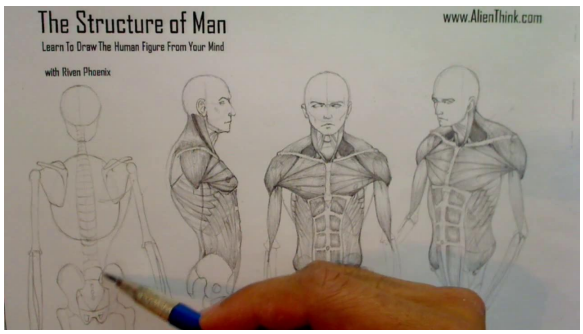
233		We know that, okay, it can ex basically around here, right?
234		So if this is the case and obviously going to now, this guy really is, look, it's going
235		in this way.
236		It's going to come all the way over here.

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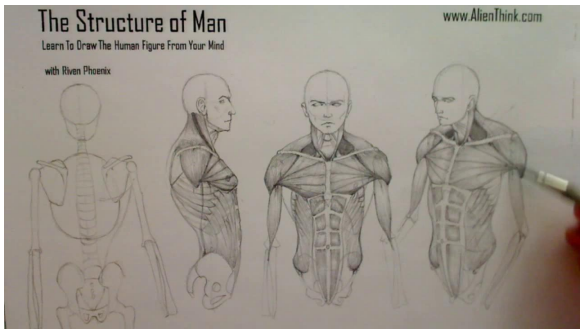
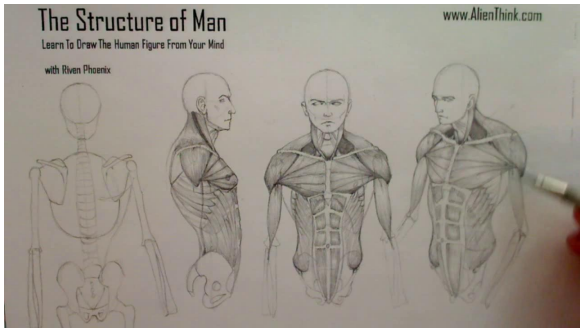
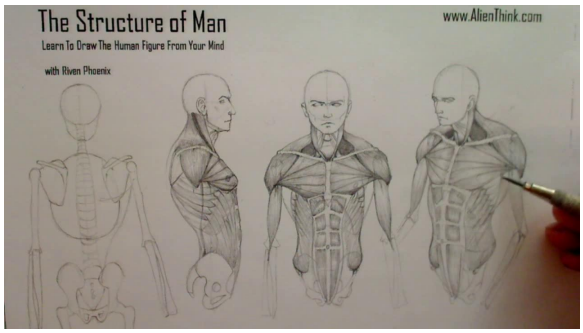
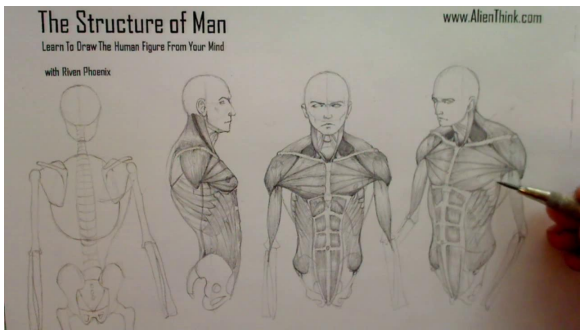
237		So this means that I just got to visually look and say that, right, this muscle release
238		is just going to be like this.
239		So this means that this muscle here that we're talking about is going to be like this.
240		You see this?

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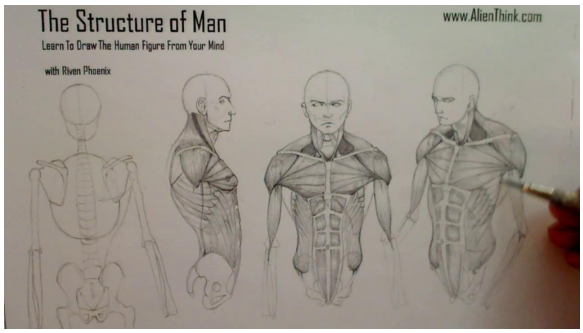
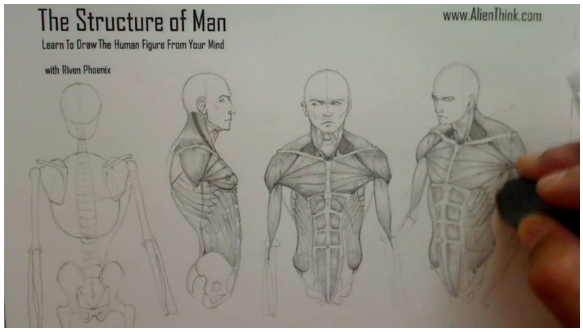
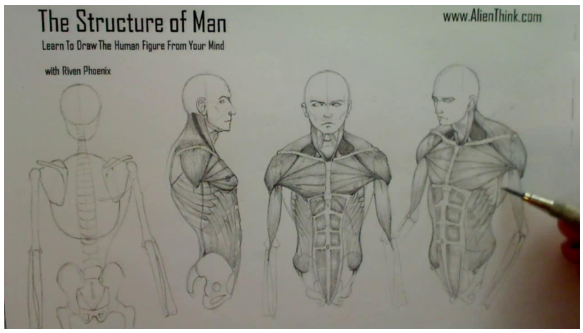
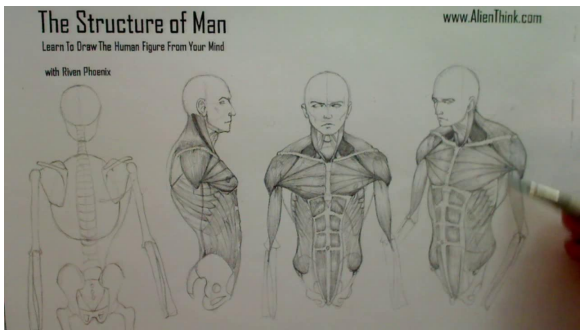
241		It's just going to go like this and cover them up a little bit, right?
242		These areas over here are kind of in perspective, but this one will basically be like this over
243		here.
244		Well, you'll get that muscle from the back.

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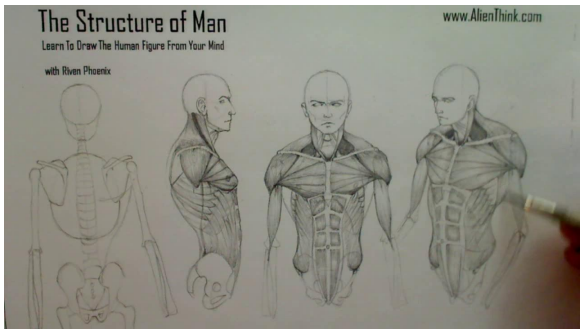
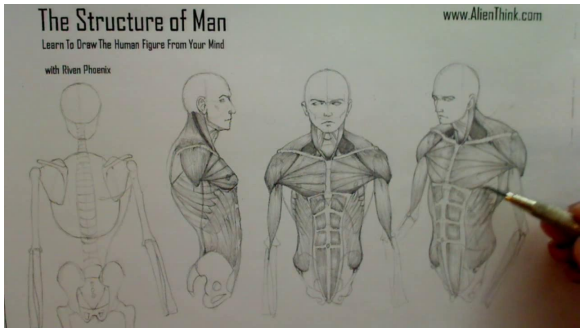
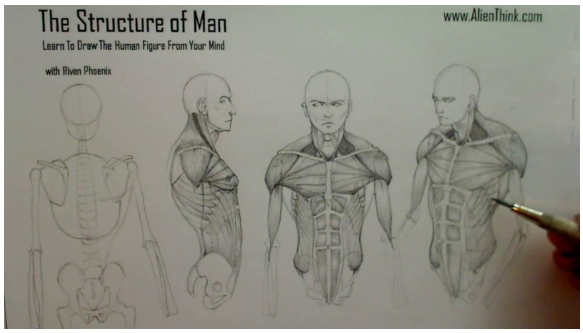
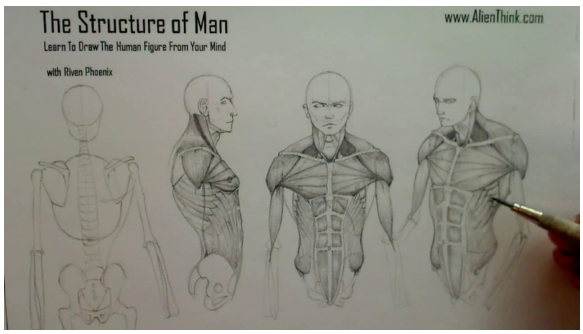
245		I'm just going to put it in like this so we can conceptually get the concept, right?
246		And over here, we're just going to get these muscles going in like this.
247		Right, so we've now understood how the whole system works here on the front, right?
248		All different muscles have been understood as to how they work.

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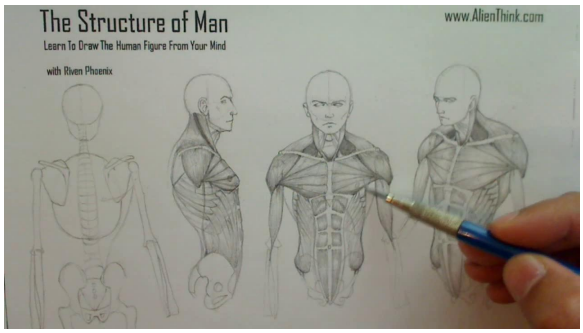
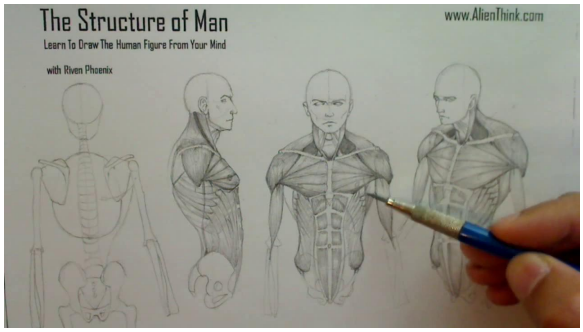
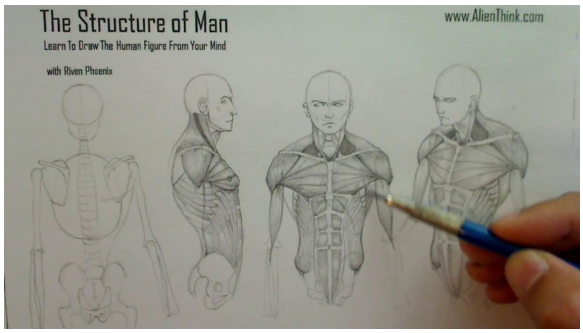
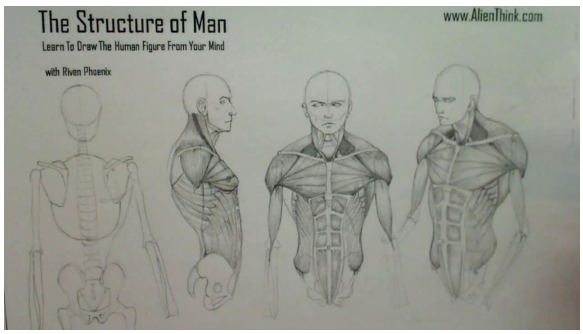
249		So over here, I'm just going to simply understand that this is just going to be the muscle that's
250		going to be more in the back.
251		So here, I'm just going to make it a little more darker than usual and just say that,
252		right?

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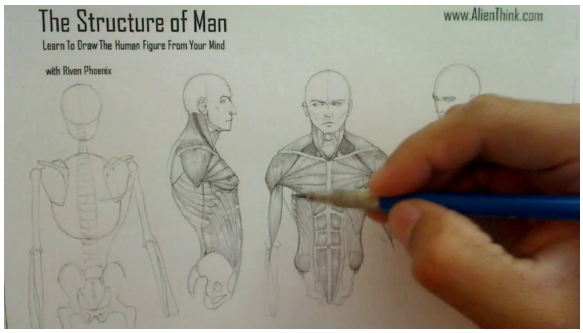
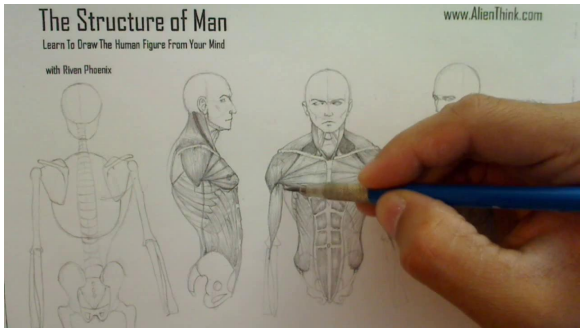
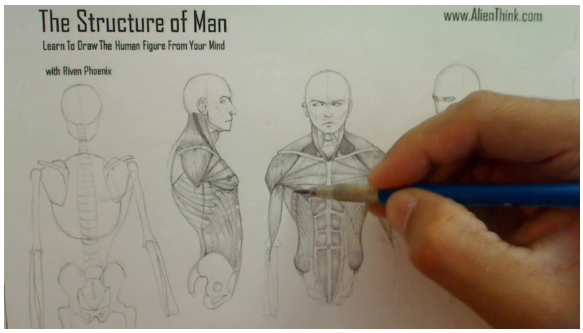
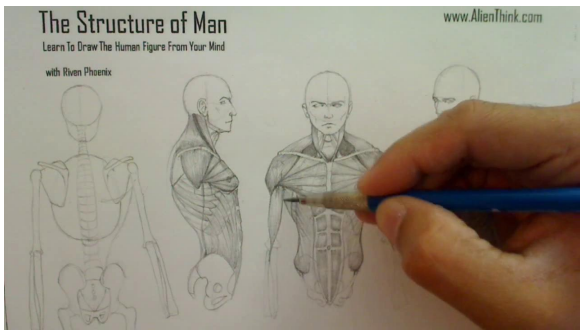
253		And we understand that there's a muscle going in the back.
254		So let me just put the lines in it first, right, and then over here, it's just going
255		to go.
256		Whenever there's a line over here, right, they're actually overlapping these.

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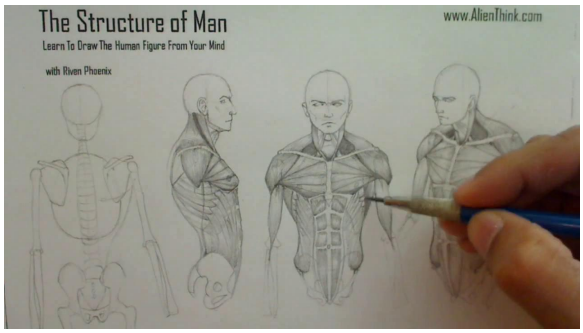
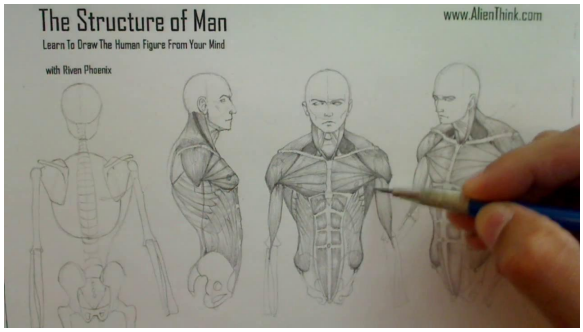
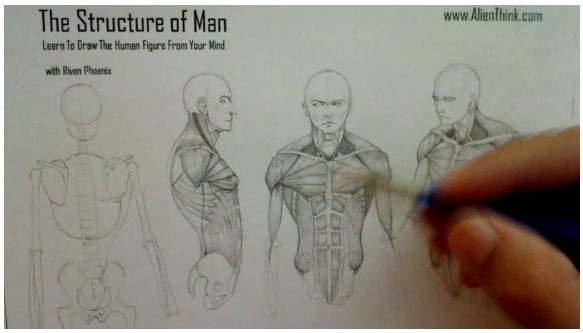
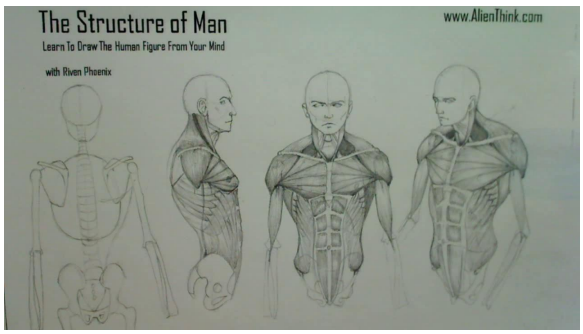
257		That's why you get this line.
258		Okay.
259		We understand the basic concept of this is to what's going on.
260		Right, so this is where when bodybuilders, they have like these huge door-side muscles

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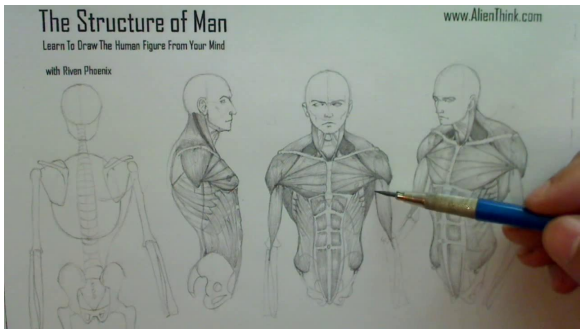
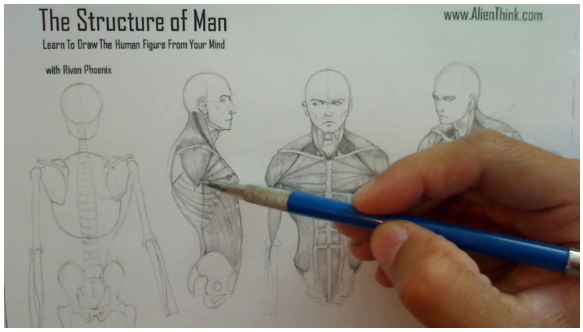
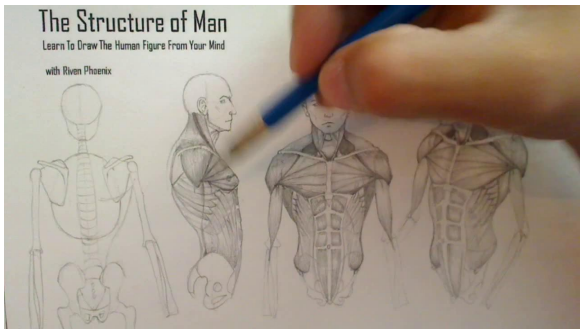
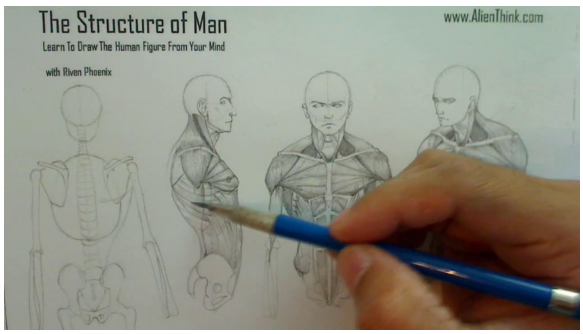
261		and it really causes the arms to hang off, right?
262		So this guy really here is going to be connected like this, right?
263		So it's going to be really the texture of it.
264		It's going to be going more than an angle like this, right?

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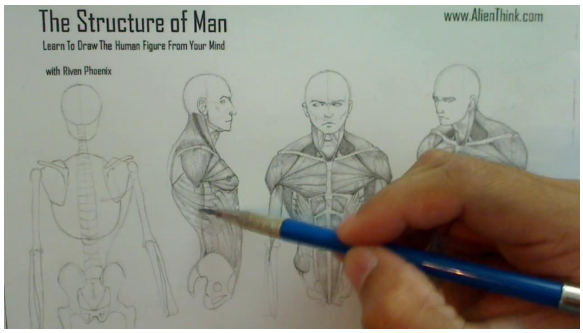
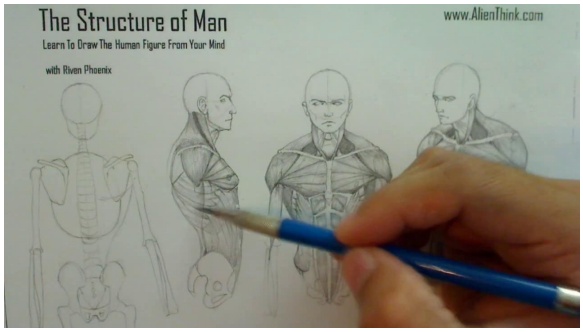
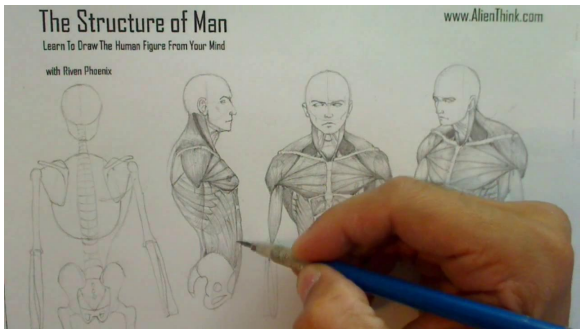
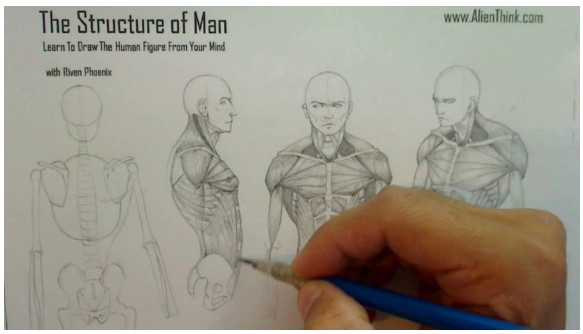
265		So we'll look at it.
266		We'll come back to this area and really get that concept down.
267		So I'm just going to clean up some of these lines here as you can start to see them.
268		It should be fairly clear.

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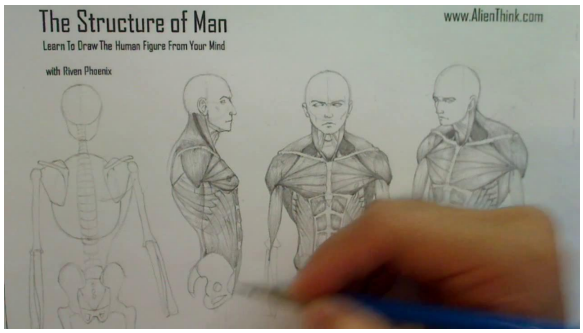
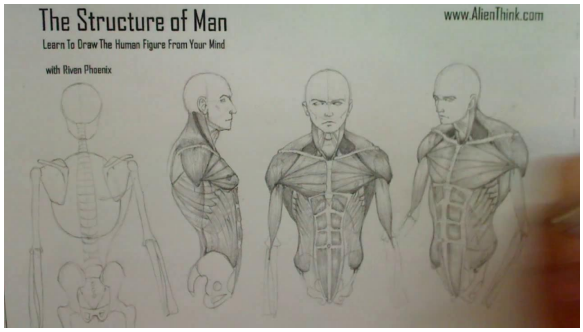
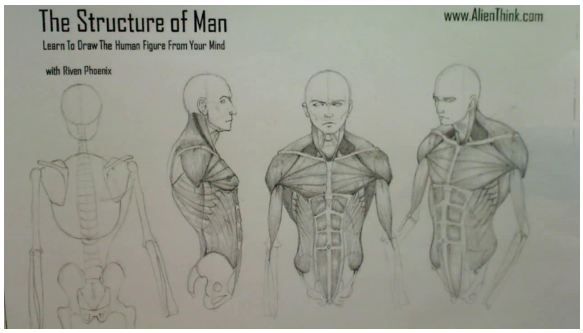
269		The whole concept should start to make sense now as to how this whole system is working.
270		Okay.
271		So now if we look at this going over here, it's all going to make sense, right?
272		This is, we know that right.

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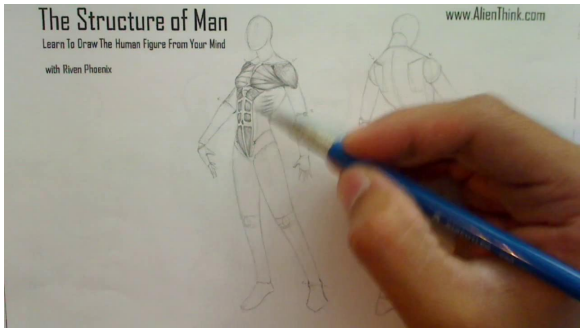
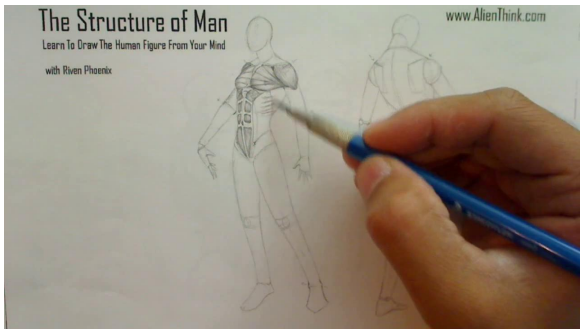
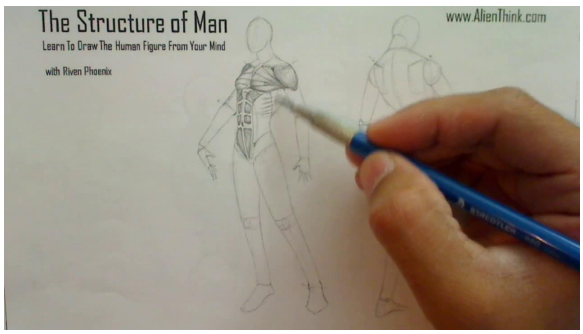
273		I'm going to get the 5, 6, 7, 8, 9 and 10 and here I'm just going to draw, understand
274		that look where is the nipple going to be and really just understand that the concept
275		of the oblique and the serratus muscle that are going to be here, like I'm going to get
276		this line and but then over here, I'm going to get also this line here for the door-side

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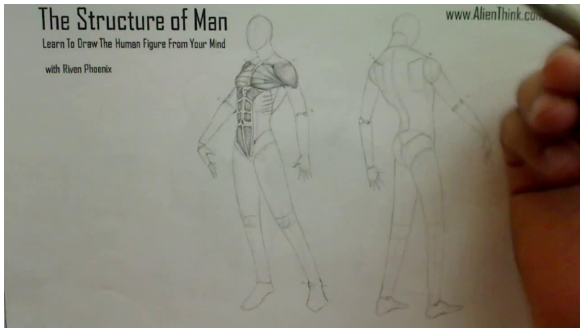
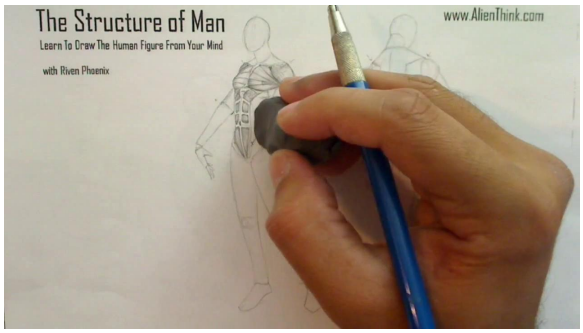
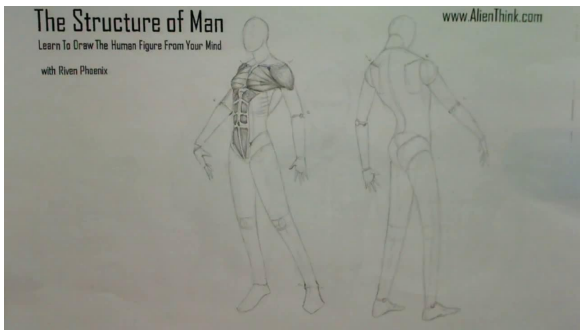
277		and it's just going to go this way, right?
278		So for this, it's going to be very simple, right?
279		When we do the love handles, now we just need to raise slightly, right?
280		So this is why we're not going to make a mistake when we're drawing out these muscles

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281		here, right?
282		We know that, right?
283		It's really understanding these lines here, right?
284		Two, three, four, five, right?

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285		Just draw them out and then go in the other direction, right?
286		You're going to draw it like this, connect it, connect it and connect it, right?
287		So you'll at most see probably like four of these, right?
288		So once I get this and knowing, I'm going to have to follow this on the circumference

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289		of the chest cavity, right?
290		So all of these are just going to be now muscles that are going to be coming down this way
291		over here.
292		Make that area a little darker.

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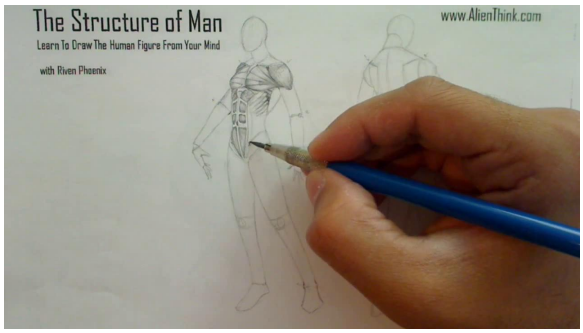
293		And here I'm just going to do the love handle, right?
294		We know how this system now works and this is why it goes inside, right?
295		Going on the other side, right?
296		So this door side muscles really going back in the back here.

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297		So now I'm just going to get my, the love handles knowing that this is really part of the
298		whole oblique system, right?
299		You're really just going to get these lines that are going to just travel all the way technically.
300		Okay, and here I'm just going to get all these lines over here, right?

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301		So, right, and then it'll just come around.
302		So here's going to be a little area here that's going to be kind of like shaded in, right?
303		Over here.
304		So over here, I'm going to get the love handle.

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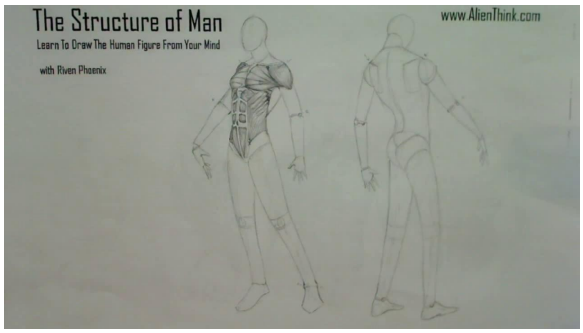
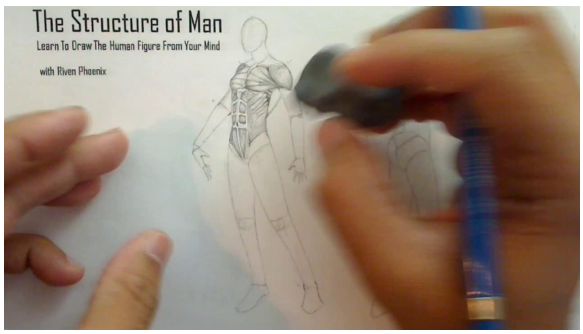
305		I'm going to do the same thing.
306		It's just going to go on that side, right?
307		Okay, so I'm trying not to shade in these drawings here because then it just gets all
308		gooey and mucky.

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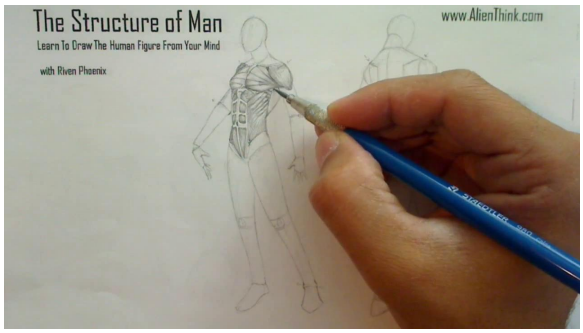
309		I want to make sure that this is just coming clearly on the camera.
310		So here I'm just going to find in some of these lines here, so a cleaner version of this,
311		right?
312		And then over here, we're just going to simply finish it off by putting this muscle over

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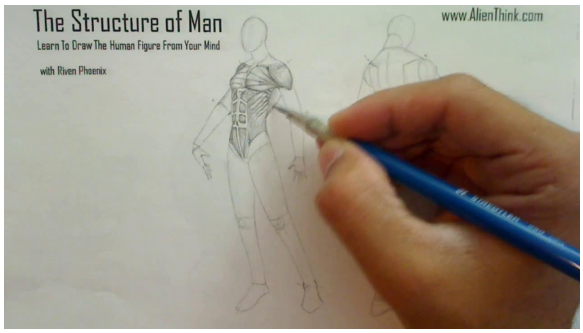
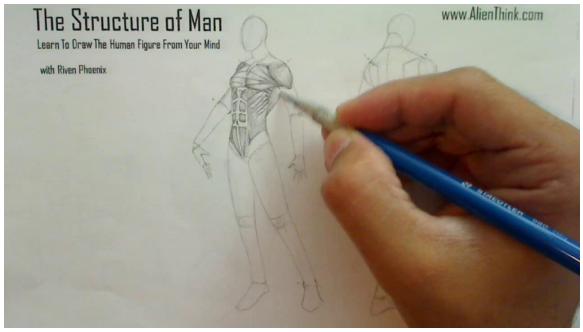
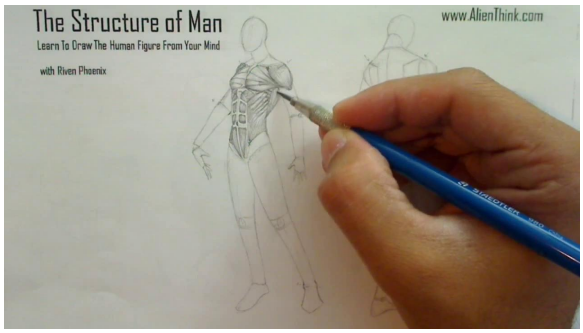
313		here.
314		Right?
315		And you can see how easy it was to conceptually master understanding what is going on with
316		the chance cavity, right?

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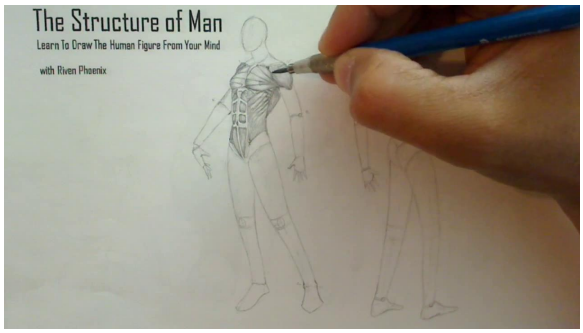
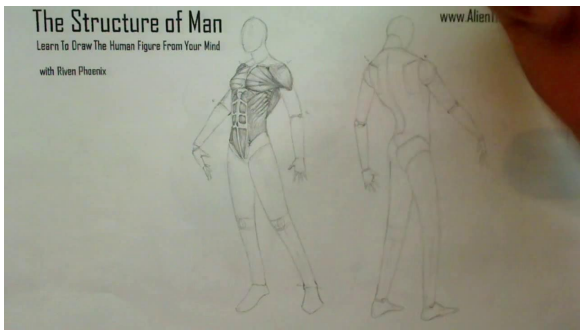
317		How it works and understanding this system over here.
318		So I'm just going to liken this part up a little bit to understanding that this is just
319		going to go like this.
320		Right?

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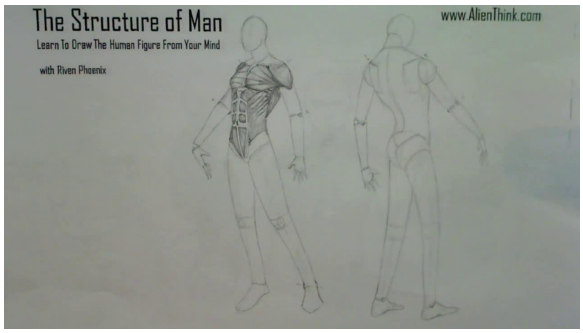
321		Okay.
322		So I'll see you in the next lesson.
323		Thanks.

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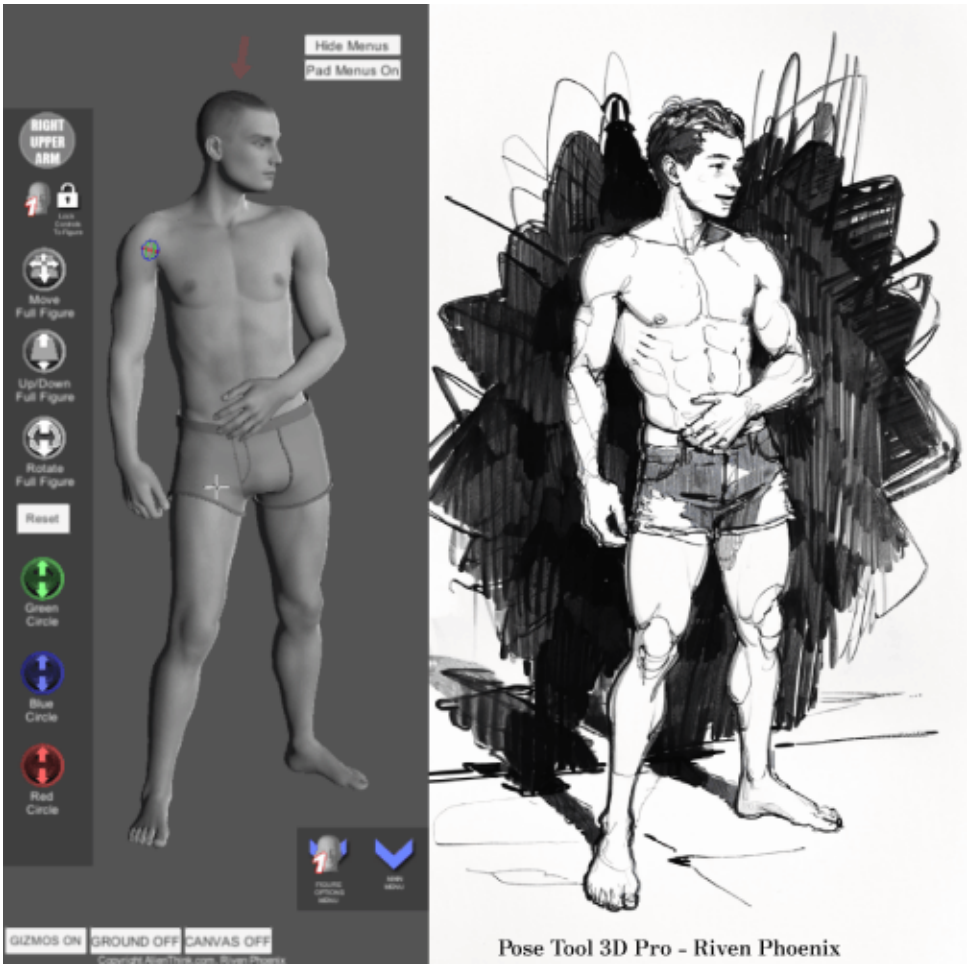

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